

# Totally TaekwonDo

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The Free Global Tae Kwon Do Magazine

January 2011 • Issue 23

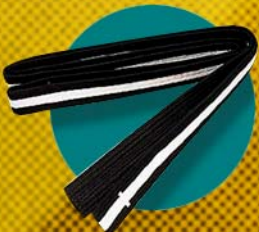


## • Martial Arts: The Ochoa Family Way

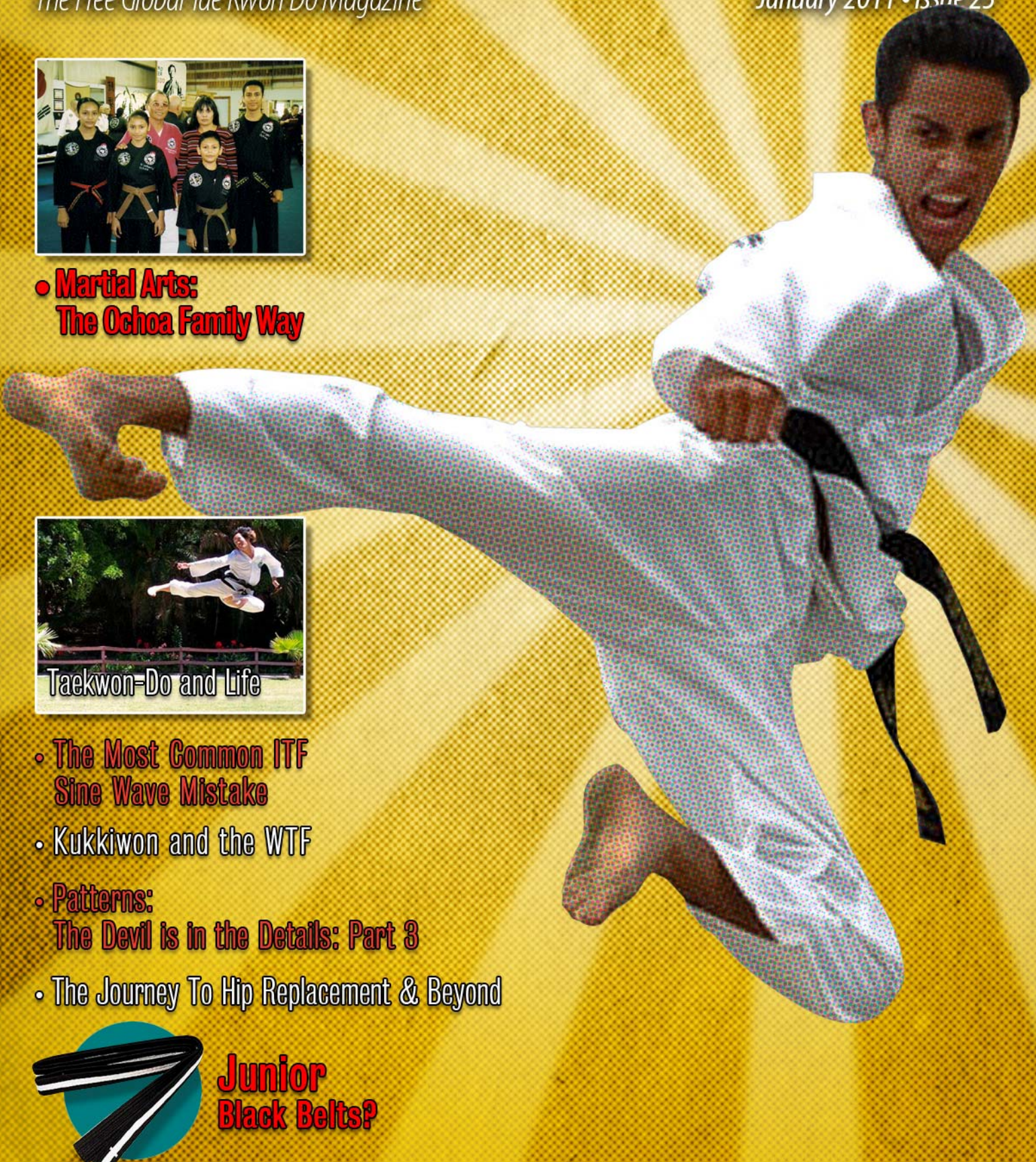


Taekwon-Do and Life

- The Most Common ITF Sine Wave Mistake
- Kukkiwon and the WTF
- Patterns:  
The Devil is in the Details: Part 3
- The Journey To Hip Replacement & Beyond



## Junior Black Belts?



**TOTALLY  
TAE KWON DO**  
The Free Global Tae Kwon Do Magazine

Produced and Published by:  
Harrow Martial Arts  
in association with  
Rayners Lane Taekwon-do Academy

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# Editorial

## Issue 23 - January 2011



A very happy new year to all our readers, may 2011 be the year that you fulfil or get one step closer to your dreams, both within and outside of Tae Kwon Do.

Even though its the new year and traditionally most paper magazines are a bit thin on page count, Totally Tae Kwon Do, as you should already know, bucks the trend and brings you another full offering of insightful, useful and enjoyable articles.

I received my first good news of 2011 today, when I heard that my instructor, Mr David Bryan had been promoted to 7th degree Master. This was not only good news because he is my instructor, but because he has been involved in Taekwon-Do for nearly 50 years and to be honest, it is long overdue, as his commitment to the art is second to none.

On a forum recently someone was quoted as saying "7th dan is the new 4th dan" due to the amount of those that receive that grade after as little as 25 years in the art, but Master Bryan is a true Master due, not only to his years of dedication to the art, but also the traits he has as a person and it is and always will be an honour to be his student.

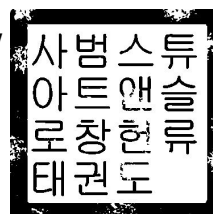
There are many articles for you to get your teeth into in this issue, some that may well change the way you teach things, such as part 2 of Michelle Rahl's excellent article on teaching children. The ITF'ers will want to debate the sine wave related article, but that's good, as is anything that makes you think and starts discussion.

My hope for 2011, with regards to Tae Kwon Do is that organisations became a lot more open to outsiders - PUMA have already started with their Open World Champs in March, with no more required than the entry fee for non-members, so lets hope others follow suit and not only make their tournaments and events 'open', but also allow the results to reflect this status truly!

Finally, if you received a TKD related item for Christmas, why not review it for the magazine.

Enjoy this issue and again, Happy New year.

Regards,  
*Stuart Anslow*  
Editor



# Issue 23 Contents

<b>Totally TKD News</b>	<b>Page 3</b>
<b>Christmas Competition Results</b>	<b>Page 5</b>
<b>Martial Arts: <i>The Ochoa Family Way</i></b>	<b>Page 7</b>
<b>Kukkiwon And The WTF</b>	<b>Page 15</b>
<b>Taekwon-Do &amp; Life</b>	<b>Page 17</b>
<b>Patterns: The Devil Is In The Details - Pt. 3</b>	<b>Page 23</b>
<b>What Is The Difference Between...</b>	
<b>...“Perseverance” and “Indomitable Spirit</b>	<b>Page 27</b>
<b>Junior Black Belts?</b>	<b>Page 29</b>
<b>The Most Common ITF Sine Wave Mistake</b>	<b>Page 33</b>
<b>Taeguek 5 (Oh Jang) Supported Elbow</b>	<b>Page 35</b>
<b>The Journey To Hip Replacement &amp; Beyond</b>	<b>Page 39</b>
<b>Interview With A Black Belt: <i>Marc Chong-Seng</i></b>	<b>Page 49</b>
<b>Reference Guide For Teaching Under 13's - Pt2</b>	<b>Page 63</b>
<b>Totally TKD Wants You</b>	<b>Page 70</b>
<b>What's The Point: Jung Bong - Pt 2</b>	<b>Page 71</b>
<b>Submission Guidelines</b>	<b>Page 73</b>
<b>Where To Download Totally Tae Kwon Do</b>	<b>Page 75</b>

**Cover Design:** Mickey Lozano

**Contributors:** George Vitale, Master Earl Weiss, David Quigg,  
Sean Lunn, Marc Chong-Seng, Robert McLain, Richard Conceicao,  
Master Doug Cook, Michelle Rahl, Paul O'Leary, Steve Flynn,  
Sanko Lewis & Stuart Anslow

# Totally TKD News

## Reintroduction To Original Koryo Poomsae

While most people were nestled all snug in their beds, a small but dedicated group of *Chosun Taekwondo Academy* black belts were introduced to modifications in the Original Koryo poomsae by Master Doug Cook at their Sunday morning Black Belt Class on December 19, 2010. The poomsae will be detailed in an upcoming book authored by Master Cook and Grandmaster Richard Chun and published



by YMAA of Boston. Originally created in the mid 1960s along with the remaining eight Yudanja series forms, Original Koryo has become a "hidden poomsae", rarely taught at dojangs around the world. This formal exercise which was replaced by the existing Koryo poomsae in the early 1970s, has fortunately been preserved by Grandmaster Richard Chun and transmitted to his students through the United States Taekwondo Association. The *Chosun* students are the first recipients of these significant modifications in Original Koryo which were executed in the name of standardization.

## Olympic Honour for Jade Jones

Jade Jones has been named as the 2010 Olympic Athlete of the Year for taekwondo.



The award was introduced in 2005, to mark the BOA's Centenary Year and the success of London being awarded the 2012 Olympic Games. This year, the BOA in partnership with British Taekwondo have honoured Jones for her outstanding performances throughout 2010, notably her gold medal winning success at the Youth Olympic Games in Singapore and her first senior medal at the European Championships.

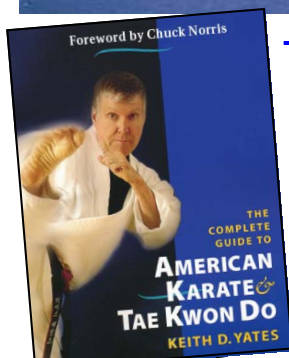
On receiving the award Jones said: "I am really honoured to win this award which rounds off a truly memorable year for me. Winning medals at the World Junior Championships and then the European Seniors was really special and then to become the first British athlete to win a Youth Olympic gold medal is something that I will never forget.

Of course I hope to be able to repeat the experience at future Olympic Games and I know that this opportunity wouldn't be possible without the continued support provided to me and the sport by partners such as UK Sport, Sport Wales, the English Institute of Sport and KPMG."

Of course I hope to be able to repeat the experience at future Olympic Games and I know that this opportunity wouldn't be possible without the continued support provided to me and the sport by partners such as UK Sport, Sport Wales, the English Institute of Sport and KPMG."

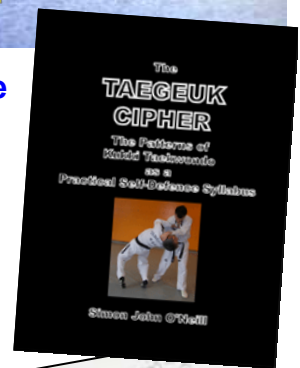
# CHRISTMAS COMPETITION WINNERS

Congratulations to the following readers, for winning a prize in  
Totally Tae Kwon Do magazines Christmas competition.  
The winners are as follows:



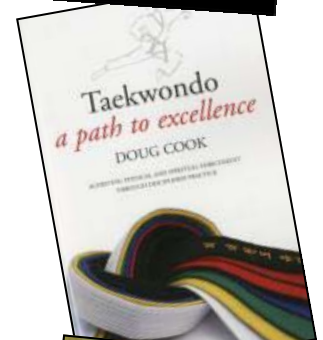
**The Complete Guide to American Karate and Tae Kwon Do** By Keith D. Yates  
Winner: *Derek Pusch, USA.*

**The Taegeuk Cipher** By Simon John O'Neill  
Winner: *Damian Adams, Australia.*



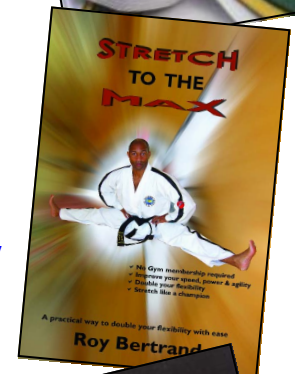
**Taekwondo: A Path To Excellence**  
By Doug Cook  
Winner: *Harry Lamlin, USA.*

**Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns: Vol 1**  
By Stuart Anslow  
Winner: *Raimondo Mamusa, Italy.*



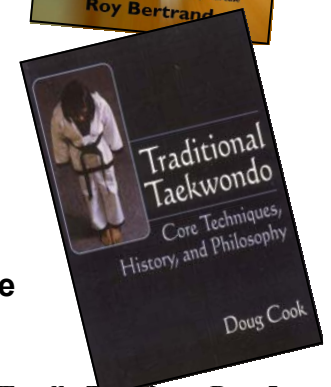
**Taekwondo: Ancient Wisdom for the Modern Warrior** By Doug Cook  
Winner: *Helena Salinas, Malaysia.*

**Stretch To The Max** By Roy Bertrand  
Winner: *Jukka Ahola, Finland.*



**Traditional Taekwondo: Core Techniques, History And Philosophy** By Doug Cook  
Winner: *Zoran Nedic, Montenegro.*

**ITF Style Tae Kwon Do Master Class DVD**  
By Master Clive Harrison  
Winner: *Sam Albright, USA.*



Many thanks to all the authors that funded this competition out of their own pocket, solely for the readers of Totally Tae Kwon Do magazine.



“The Most important book published on TKD since the encyclopaedia”

John Dowding  
4<sup>th</sup> degree ITF



**Iain Abernethy**  
2006 6<sup>th</sup> Dan Karate  
British Combat Assoc. and Karate, England

Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

Not only does this book detail applications for the motions within these patterns, it also explores the background to each form and, perhaps most importantly, it also details the thought process that gave rise to the applications shown.

Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

Ch'ang Hon Taekwon-do Hae Sul should be the library of all practitioners of ITF Taekwon-do. Read on, learn and enjoy!



Now Available on Amazon: 2nd Edition Hardback Version - ISBN 978-1-906628-04-8

## TOTALLY TAE KWON DO

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<http://totallytkd.proboards.com/>

# Martial Arts: *The Ochoa Family Way*

By Robert N. McLain

“Kwan Sung” is a term that means “martial art system star.” But, what is the term for more than one star? Many in the martial arts world call it “The Ochoa Family.”



*The Ochoa family, including mom, with Grandmaster Kim Soo*

For the Ochoa Family, their life-long martial arts quest started with their father, Luis's, admiration of Bruce Lee on the silver screen. One day in 1994, their mother, Nelis, witnessed a gang fight in which a young boy was severely injured. Fearing for his children's safety, Nelis wanted her oldest son, Angel, to learn self-defense to protect himself. Originally, Luis wanted Angel to learn boxing, but finally decided he should learn to learn to fight like Bruce Lee. After a long search to find a credible

school, Angel wound up starting classes under the direction of Grandmaster Kim Soo, founder of The International Chayon-Ryu Martial Arts Association. Over time, Angel (now 22 years of age) and his siblings, Stephanie (19), Kimberly (16), and Bruce (13) began following in their brother's footsteps and obtained various levels of black belt in Chayon-Ryu and Taekwondo. They plan to open their own dojang in the future and practice every day. While training in their main art, Chayon-



*Angel executes a Flying Side Kick*

Ryu, the Ochoa Family has been involved in Chuck Norris's Kick Start Program. Angel fills in any free time with additional training in Gracie Jiu-Jitsu.

Angel regularly posts his own YouTube video blog containing his own thoughts and martial art techniques at his channel:

<http://www.youtube.com/profile?user=KerosAohco#g/u>

I was able to catch up with the Ochoa Family and get a few moments to find out their background, what makes them tick, and their plans for the future.

**RM:** *Can you tell me an early memory of your first class or classes?*

**Angel:** At my first class, I didn't have a uniform and trained in navy blue shorts and a plain white t-shirt. I learned warm-up exercises, how to fall backwards, and front kick. I remember being very excited and put everything into my movements. It was that moment that martial arts became my passion.

**Stephanie:** I was five years old when I started and began because of my brother. I remember being the youngest in the class

and was very timid and terrified. I felt that everyone was superior to me.

**Kimberly:** I was really too young to remember.

**Bruce:** I was terrified the first few classes because there weren't many kids training at the time. I was one of the few kids while the majority of the class were adults. After about a week's worth of classes, I got used to being surrounded by adults instead of students my age.

**RM:** *Can you tell me when you realized you wanted to make martial arts a life-long endeavor?*

**Angel:** It was not until during my teens that I chose to make martial arts my future in life. I did not choose to try to become famous, but to become the best martial artist I could possibly be, and spread my knowledge and experience to future students. My parents did not realize just how much an impact martial arts has made on my life, and on my younger siblings. When they found out about my dream they fully supported me. Together, we want to open our own dojang and make it a family



business.

**Stephanie:** When I began training in martial arts, my goal was to strive and reach my black belt. After several years of training and receiving my black belt, I decided that I wanted to continue training for as long as I can, and make it a life-long journey. I grew up with martial arts so it's part of my life. At first I thought of it just as a sport or hobby, but I learned of its great significance. Of course my parents supported me and actually encouraged me to continue on.

**Kimberly:** I realized I wanted to make martial arts training a life-long endeavor not too long ago. About a year ago, age 15, something that's difficult to explain snapped inside me in the middle of training. Oddly, I began to care more how well I did things and what I did wrong. I worry about my lesson learned from the class. When I sweat, it's telling me I actually tried my hardest.

My parents support this decision 100%. Of course they say school comes first but they are the ones who first mentioned martial arts to me. My parents are the reason I entered CYR and I thank them for that because it has given me much knowledge.

**Bruce:** At first I didn't realize the importance of Martial Arts. I thought it was just about kicking and punching. Through years of training, I realized that it is also

about discipline, respect, and how to avoid getting involved in bad situations. I enjoyed martial arts and knew this was what I wanted to do. Also, I had my siblings to help guide me along the way. My parents were a great support and encouraged the four of us to continue and train together.

*RM: Can you share one of your personal milestones or accomplishments that you are proud of?*



*Stephanie displays a Side Piercing Kick*

**Angel:** It is very difficult to choose even a few. To me, any day I learn something new or improve my technique is an accomplishment. But, if I have to choose one it would be the day I broke my first brick. It was not until my second dan examination that I was able to break a brick. I failed during my first dan exam, but I learned from that experience.

**Stephanie:** One accomplishment I am proud to share is I have a prolonged experience in martial arts and I am still training up to this day. Many students train in martial arts for exercise, or just until they reach their goal of obtaining their black belt and quit training. I have trained for 14 years and I have no plan of refraining from training in martial arts.

**Kimberly:** An accomplishment I am proud of is the fact that I am still training. One time I had a chance to quit and do a different sport that I had interest in, yet I stuck with martial arts. If I quit training, it



*Bruce, Kimberly and Stephanie show their medals*

would be like losing a big part of my life.

**Bruce:** One of my accomplishments that I'm proud of is how active I am in two martial art schools. I attend and train with motivation. Martial art has taught me to be respectful to others. Sometimes I tend to bow when greeting family members or others for the first time. It's a habit and a sign of respect.

*RM: Your main art is Chayon-Ryu, but you participate in the Kick Start Program. Can you elaborate your experience with the Kick Start Program?*

**Angel:** During middle school I took gym as a Physical Education course, but halfway through the fall semester I got into an accident with some students. It could have been avoided, but maybe I had bad luck that day. It was not a big deal, not like I was being bullied or anything, but my teachers feared for my safety because of

my size. As an alternative, I was enrolled into Kick Start. It was called Kick Drugs Out of America when I started.

The program taught martial arts in a sportive aspect while teaching students about the importance of an education, sportsmanship, and always trying to achieve your goals. Over the years, even when I graduated from middle school, I returned to the program and eventually achieved my black belt in TKD. I continued to train, and one day I was recommended by an instructor to teach for Kick Start. Teaching in the Kick Start program is a bit different than from my previous experience. I would have to learn how to break down techniques into the most simple form for the middle school students, but also keep a fun and energetic atmosphere.

**Stephanie:** I began training in the Kick Start program when I was in 7<sup>th</sup> grade in middle school. I had an option of choosing

gym or martial arts, so I chose TKD of course. I grew up with martial arts so I thought it wouldn't hurt to learn more about it, and also I wanted to integrate different movements and styles. This program consisted of competitive martial arts which was a new experience for me. Though it was a little different and more aggressive than the traditional martial arts I was used to, it was good to incorporate a different style.

**Kimberly:** Kick Start is more of a sport than a lesson for life. Chayon-Ryu teaches use of techniques that will help our lives. Kickstart concentrates on your physical fitness and competition more than anything.

**Bruce:** I was excited when I first started training with Kick Start. The Kick Start program contains different styles and my instructor teaches Chun Kuk Do, a form of Karate, which contains traditional forms similar to those in Chayon-Ryu. Because I learned the forms so quickly, I ended up skipping one belt rank. I am currently a green belt and I will be testing for my red belt soon. I really hope that goes well.

**RM:** *Your main art, Chayon-Ryu: Does it involve competition?*

**Angel:** No, and yes. Chayon-Ryu does not promote competition in the same sense as a sportive martial art. The only competition in Chayon-Ryu is with one's self. Training is about self improvement, and discovering your weaknesses to overcome it.

**Kimberly:** CYR teaches new ways of life. Competition is only about beating your opponent. It is the total opposite of what Grandmaster Kim Soo wants us to grow up with.

**RM:** *What attracted you to compete in Taekwondo competitions?*

**Angel:** Competing in TKD tournaments came with the Kick Start program. I competed mostly for fun and keeping myself in top condition.

**Kimberly:** The main purpose for me wanting to compete in the TKD competitions is to see where I stand compared to other people. I wanted to get feedback from different instructors of different styles. I use my Chayon-Ryu



*Bruce performs a skip side kick break at a demo*

knowledge as an advantage against others. I know a few things that others have never even mentioned or acknowledged about.

*RM: Angel, I understand you have also started training in Gracie Jiu-Jitsu?*

**Angel:** A few years back, I came across some videos and information about Gracie Jiu-Jitsu, and how it dominated in a no-holds barred competition. I was not sure what it was and decided to investigate. That was when I saw Royce Gracie. He was fairly tall compared to me, but his body frame was very similar, yet he submitted men many times bigger. My first thought was "I need to learn how to defend myself on the ground." Friends of mine were commenting how Brazillian Jiu-Jitsu (BJJ), or Gracie Jiu-Jitsu (GJJ), was superior to all martial arts, but I had a different view on this. I wanted to be able to defend myself equally well on the ground as I could standing up. I often hear a saying that

"90% of fights end on the ground." I retort with "90% of fights start standing up."

*RM: Have you competed in any Jiu-Jitsu tournaments?*

I compete in BJJ tournaments for a different reason. I wanted to test myself to see if I could defend myself on the ground, and discover if my training methods are sufficient. Since I chose to be self-taught in Gracie Jiu-Jitsu, learning from books and videos, it is very difficult to judge whether or not I am making progress. So far, I feel that my training has yielded good results and I will continue to train this way.

Although Chayon-Ryu is not a grappling art, the principles it holds are true for Gracie Jiu-Jitsu as well. Both systems employ movements that are natural to the human body, and both claim that natural movements are much more efficient in real combat. I find myself executing movements and techniques from both systems without



*Angel with Royce Gracie*

intending to. From front kicks to close a door when my hands are full, to standing up in base after sitting down with my siblings, Chayon-Ryu and Gracie Jiu-Jitsu feels so natural that they are like two sides of the same 'Natural Way' coin.

*RM: What are your future plans for yourself in martial arts?*

**Angel:** As of right now, my plans are to continue my training in both Chayon-Ryu and GJJ, and learn as much as I possibly can. Eventually I would like to receive my black belt in GJJ. After that, I plan to open my own Dojang somewhere in the world and spread the 'Natural Way' system.

**Stephanie:** Considering that I've trained for prolonged years, I plan to continue training for as long as I can, and set a good example for my family, and possibly have a great influence on others. Though I obtain an advance rank, there is always room for improvement. Therefore, I plan to progress and become a better martial artist in the future.

**Kimberly:** The main plan for my future is just to continue training. I have no limit on how far I will go.

**Bruce:** For now, my future plans are to continue training in Martial Arts. I plan to train with dedication and improve my martial arts to become more skilled and knowledgeable.

*RM: What preparation are you currently involved in to make these future goals happen?*

**Angel:** A close friend of mine is working diligently by my side so we both can receive our blue belt in GJJ by Christmas. Although I have it planned, I will let things happen naturally. Achieving a black belt should be a natural occurrence with training, not training to achieve a black belt.

**Stephanie:** Though I have a hectic schedule being a full time college student, training in two different martial arts, participating in tournaments, and getting involved with different martial art events, I make time to participate and train whenever I can. Also, I try to volunteer and be involved as much as I can for martial art demonstrations and make Chayon-Ryu more known. I believe others will benefit greatly from it.



*Angel with Chuck Norris*

**Kimberly:** The only preparation I have to reach my future goal of non-stop training is simple. I'm not going to stop training. I will find a way for my schedule to have my academics together and still have time to train.

**Bruce:** In order to enhance my martial arts, I plan to train with 100% dedication. Also, I have my older siblings who could assist me and help me improve using their experience.

*RM: Angel, why did you start your*



*The family performing at a demonstration*

[youtube.com video blog?](#)

**Angel:** I started video blogging on YouTube for a few reasons. One was so I could chronicle my thoughts and ideas online as well as gain insight from the martial arts community. I wanted to hear opinions from other martial artists about my ideas. The second reason was so I could give students within the Chayon-Ryu system, and people wanting to learn martial arts, some material to compare and study. I plan to upload more videos in the future when I have a schedule planned out. At the moment all my videos are unscripted, and I plan to keep it that way for the most part to keep a natural flow. Also, I am always happy to take requests from my viewers.

**RM:** I encourage all readers to visit Angel's video blog at <http://www.youtube.com/profile?user=KerosAohco#g/u> Please feel free to contact him with feedback or answer any questions you have from this interview. Also, I encourage readers to visit the Chayon-Ryu web site at:

[www.chayonryu.com](http://www.chayonryu.com)

**About the interviewer:** Robert McLain is a Texas-based martial artist and contributing writer for *Totally Taekwondo and Black Belt Magazine*. Mr. McLain is a fifth-degree black belt under Grandmaster Kim Soo and has run the [Arlington branch of the International Chayon-Ryu Martial Arts Association](#) since 1994.

In 2000, McLain received the Outstanding Faculty Award from the University of Texas for creating and directing the college's women's self-defense program. Since then, he's worked as a stuntman, actor and fight choreographer for nearly a dozen films and shows, including *Walker: Texas Ranger*. *He may be contacted at:* [robertnmclain@yahoo.com](mailto:robertnmclain@yahoo.com) His school web site is: [www.arlingtonchayonryu.com](http://www.arlingtonchayonryu.com)



# Kukkiwon And The WTF

By Sean Lunn

In the last few days I have read every issue of this publication with great interest, it is truly one of the better sources of Taekwondo news and information out there. Unfortunately I have found what has come to be one of my most irritating pet peeves, practitioners who still do not know the difference between the Kukkiwon and the World Taekwondo Federation (WTF).

Previous contributors have mentioned it before; however, many readers are still a bit confused, including those who practice Kukki Taekwondo. In simplest terms, the WTF is a world sporting organization, nothing more, nothing less.

There is not a single practitioner of Taekwondo who has ever had their rank certified by the WTF, NO ONE. For those that will claim this to be false and hold up a copy of your certificate I have bad news for you, it is not real. I can buy one from several on-line supply stores myself complete with WTF logo and gold seal, that does not make it real. The WTF as an organization has never issued a single Dan certificate. The Kukkiwon on the other hand is the world Taekwondo headquarters (Kukki style of course), responsible for everything Taekwondo outside of competition and sport, including rank certification for black belts. The Kukkiwon manages all aspects of Taekwondo training including instructor certifications, research and development and general curriculum for Taekwondo schools. In short, the Kukkiwon is home to and

responsible for the development of Taekwondo the martial art and the WTF is responsible for the development of Taekwondo the martial sport. While the two can be mutually supporting, they are not the same organization.

I think much of the confusion stems from a common word, "federation". With the major elements of Taekwondo divided between two primary organizations many people simply assume the WTF is analogous with the ITF in terms of scope and responsibility. It is the common linkage of "federation" between the two organizations that seems to confuse most people, even those of us who currently practice

Kukki style Taekwondo. It is also possible that many who practice Kukki style refer to it as WTF to those on the outside just to keep things simple and prevent the need for an impromptu lesson on the organizations.

So the next time you meet someone who says they are a 3<sup>rd</sup> Dan certified by the WTF, you can smile at them politely, nod your head and tell them congratulations. Of course, you could always ask, "Don't you mean the Kukkiwon?" and hope they agree. Or, if you practice Kukki style Taekwondo, please take the time to teach and explain the differences to those you meet who may not be as familiar as you are. Only by knowing each other can we find the common ground needed to share our love for Taekwondo and grow as martial artists.



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# Taekwon-Do & Life

**By George Vitale**

**Many have often said Taekwon-Do is a way of life. To me Taekwon-Do is life, or to put it another way, Taekwon-Do is a way to a better life.**

I have been involved in the fighting arts since I was a child. First it was boxing with my Dad and then in our neighborhood Block Association games. This was followed by organized wrestling in secondary school and then Tang Su Do with my older brother. I settled on Korean Taekwon-Do in the early 1970s as a Dojang opened 2 short blocks from my house. It was run by a Korean Master named Kim Kwang Sung who had trained in the Moo Duk Kwan while in his hometown Kwang Ju in south Korea. He was a Pioneer of Taekwon-Do in Germany, where he knew Grandmasters Kwon Jae Hwa and Park Jong Soo of the International Taekwon-Do Federation. These noted Grandmasters were early disciples of General Choi Hong Hi, the principle founder of Taekwon-Do. As a result, my teacher eventually joined the ITF and was holder of ITF Main Gymnasium Plaque #21.

Very early on I began to realize how much I loved Taekwon-Do and the benefits the training and mentoring of my teacher meant to me. Grandmaster Kim saw something in me, despite my limited physical talents and lack of God given technical ability. He encouraged me to read General Choi's books, as he told me no Korean ever wrote at that time anything like he did. Not only was Grandmaster Kim talking about the technical structure contained in his books, but the philosophy and moral culture that General Choi emphasized. It was the Do of Taekwon-Do and how General Choi formulated it that he wanted me to read about and share with the students.

I became an assistant instructor and then the manager of his school. As my training and teaching continued, it was the attention to detail and hard work that eventually led to a greater understanding that if one worked as hard with life, using the Tenets of Taekwon-Do and applying them to daily life outside of training in the DoJang, your life skills, like your Taekwon-Do skills would improve. These 5 Tenets of courtesy, integrity, perseverance, self control and indomitable spirit can not help but improve one's station, if they apply them to all that they do.



*Ambassador Han Duk Soo presents award to George*

Taekwon-Do has been a rock in my life. I recently traveled to my Nation's Capital City of Washington, D.C. where I received

an award from the Republic of Korea's Ambassador Han Duk Soo to the USA. The ROK Embassy sponsored a Taekwondo Essay Contest. I wrote about my personal Taekwon-Do Experience. The story told how Taekwon-Do helped my confidence and kept me out of trouble in the federally designated poverty area that I grew up in. This was a community where the many negative influences that bore down on us contributed to some of my friends not doing as well in life as I did. I guess I was spared in part thanks to my beloved Taekwon-Do. I also told how Taekwon-Do afforded me the opportunity to travel to some 40+ nations around the world. Taekwon-Do truly is one of Korea's greatest gifts to the world.

At the awards ceremony all of the winners were afforded the opportunity to address the audience. Each and every speaker talked about how their Taekwondo improved their lives in some special way. As the last to talk I simply told the crowd

that my job now as a speaker was easy, as we heard all about real Taekwondo, even though not one speaker, myself included, talked about kicking and punching. I utilized a 4 legged chair to illustrate that my Taekwon-Do was one of my four legs that have supported me throughout my life, making me better and my life more fulfilling. The other 3 are my family, my Religion and my academic education. Take away a leg and my chair is rocky. Take away 2 legs and it really becomes a trying balancing act. If one has only 1 leg, balancing is next to impossible, requiring so much energy and attention just to keep from falling. I thank God for my 4 legs of life support.

While in Washington I reconnected with one of the best people I ever met in Taekwon-Do. His name is Mohammed "Mo" Shiekhy. (See related letter elsewhere in this issue) He came to the United States from Iran in the 1970s to realize his "American Dream" with only \$18



*The ROK Ambassador to the USA poses with TKD Essay contest winners sponsored by the Korean Embassy*



*George reconnects with Mr. Shiekhy & meets some of his students, including Deputy Sheriff Gualberto Rosa*

USD in his possession. This Persian, who is from a different part of the world, that speaks a native language that is foreign to me and practices a Religion that differs from mine, is really not much different from me at all. It was Taekwon-Do that helped me to see that, as it has in so many other cases as I travel the world for Taekwon-Do. This is another benefit that Korea's gift to the world has had all around the globe.

Driving back the 4 plus hours to New York wore me out. However I still had to attend 2 other Taekwon-Do events in New Jersey, before I could return home. On that long ride north, I was thinking to myself, why did I ever say I was going to go to the other 2 events? I was so tired and becoming more drained from the long car ride. The last event was a dinner that would not get me home till around 1:00am on Sunday morning. I really was not looking forward to going to this function.

This dinner was the annual awards party for Chosun Taekwondo, a school run by a

Kukkiwon Taekwondo Master Doug Cook. This wonderful and talented Taekwondo Master is also a gifted writer. Many readers of this E-Zine publication are aware of some of his writings as well as his 3 books on Taekwondo, Ancient Wisdom for the Modern Warrior, Traditional Taekwondo and Taekwondo, a Path to Excellence. I am proud to say I own all 3 and eagerly await his 4<sup>th</sup>. I am also proud to say that Master Doug Cook is not only a good man, by a great teacher that has become my friend. He is a student of Grandmaster Dr. Richard Chun, PhD and a Pioneer of our Korean Martial Art in America. This Taekwondo leader was an influential advisor to the first WTF President, Dr. Kim Un Yong. I have known Dr. Chun for many years, as he opened one of the first Taekwondo schools in New York City and he has known my instructor for decades.

Chosun Taekwondo is a unique DoJang. It emphasizes traditional Taekwondo and trains the Art as a method of self defense. It is so successful that it has as many if not

more adult students that it does children. The wholesome family aspect of its awards party speaks volumes to how it shapes the lives of its students in a very positive way. As an invited guest, I felt so much at home and part of their Taekwondo family. I was honored to share a meal at the table with Master Cook, Master Erica Linthorst, a cyber-columnist with Taekwondo Times magazine, who I was fortunate to have met through Master Cook, along with Dr. and Mrs. Chun, among others.



*GM Chun, PhD present USTA Citation to Master Cook*

much to do, catching up on old times, teaching class, meeting new students, attending one event after another, with little sleep and so many miles driven in a car by myself, but it was all worth while. Mr. Shiekhy told me that his mother used to say, there will be enough time to rest in the next place when we depart this world. I was so glad that I went to that party, as it capped off a great week of Taekwon-Do for me. I was even awarded a commendation by Dr. Chun. That was such a nice surprise. It is so humbling to have been honored by such a Taekwondo Legend.

All of the many that were in attendance were also treated to a special surprise visit by Santa Claus himself. I guess even the famed greatest gift giver of all time; St. Nicholas knew the Chosun party was the place to be, even though it is his busiest time of the year. I imagine that he decided stopping by would not take long, as he knew that all the Taekwondo students there were nice and none being naughty, so he wouldn't have to check this list twice! While that week of a full schedule of Taekwon-Do events was demanding, it was also so very rewarding. There was



*Dr. Chun presents George with USTA Commendation*

On the ride home that night I had time to reflect. It was again my Taekwon-Do that had gotten me through another very difficult time in my life. You see, my own 82 year old Mother got sick in June and was hospitalized. She passed away some 5 weeks later in August, never returning home. Since then I have had little desire or energy to write about the Taekwon-Do I love, hence my absence from the fantastic publication that I have grown to appreciate so much. But thanks to the hectic week of

Taekwon-Do events, my Taekwon-Do has again energized me, making my life better. It is ironic that such draining and taxing activities can revitalize us in such a positive way. My Mom would often say that it was so great that I became



*Santa makes a surprise appearance*

involved in Taekwon-Do, as she knew it had made me better. It helped her to do the difficult job of being a Mom. My Taekwon-Do reinforced the values that she and my Dad gave me and helped them to make me a better person. This is the magic of Taekwon-Do. Thank God for Moms and "Taekwon-Do, a way to a better life".

*This letter below, reproduced in its entirety, by a 11 Dan black belt student of Mr. Shiekhy named Mr. Todd H. Dicke. I think it accurately reflects a main reason why General Choi Hong Hi, the principle founder of Taekwon-Do, worked so hard his entire life in sharing Taekwon-Do with so many around the globe, in hopes of "building a more peaceful world"!*

-----  
Dear Mr. Shiekhy,

*Hi there, how are you? And the family? I hope you are all well. I've had some this summer, which I spent as a waiter at different restaurants, and wanted to take a minute to write you.*

*It's been some time since I was at the Do-Jang. There really isn't enough time in life to get everything done I'd like to... But anyway, here is a little background. I am now beginning my third year as a Systems (computer) Engineer at UVa (University of Virginia). I should have some great interns*

*coming up next summer (who knows where I'll actually be) and looking forward to them. I also am pursuing a career in professional acting... I've been an extra in one film already and hoping for mucho work in the future. I pray for a successful future, and am doing all I can to make that a reality.*

*I felt compelled to write to you because I don't think that people realize the impact they have on others' lives. I occasionally get complements of the type, "you are a nice guy, from the heart" and feel many things have made me the person I am today. I have an incomplete family; my parents got divorced at age 5, both remarried, and my mother again separated at age 16. I do believe the more hardships a person faces the stronger it makes him. This is where differences in personality (and quality) appear. Tae Kwon-Do has also had a significant impact on my life. Between 5 and 16 is where many kids take on their personality, and when they are most impressionable. This is where you (Mr. Shiekhy) fit in.*

*In a time when my parents were splitting up, grandparents passing on, friends making poor decisions, and just a general state of confusion I had tae Kwon-Do. Where some kids have an active father figure, or a father of a church, or a favorite teacher as a role model I had an instructor. You showed a genuine interest in me, you were always sincere, and you were someone to be admired. I recall times when I needed an "extra hand" and I would think "Mr. Shiekhy could do it, and he would push me to do my very best," only to*

go on and succeed, or know I did my best trying.

Your dedication to the students and the school was first rate, and I know you always kept busy handling whatever affairs that crossed your path. You still managed to make classes and present an image of how well a person can turn out. I've found few of your quality since leaving the school, and the ones I do are the most valuable to me.

I know not what goes on in your life presently, but hope all is well, sparring skills are still honed, and the school is doing well. And while I'm on this note: I've tried several schools down in Charlottesville, VA and none compare in the least in rigor and skill to the (TKD) Fellowship Organization. I'll have to continue my search....If you have any recommendations please let me know.

I wanted you to know the amount you affected me back then, and how you have

made me who I am now. My sincere thanks...I don't think excellent teachers grasp just how influential they are to their pupils, and I wanted to thank you on a job well done. And I'm sure you've had this effect on others...I hope you continue.

Thank you so very much,  
Todd H. Dicke  
Il Dan

The above article was written by George Vitale, who also submitted the letter from Mr. Dicke to his instructor (with permission). They serve as reminders of how TKD can be a "way to a better life". George has been involved in 2 documentaries on TKD, one of which is in its final stage. You learn more by reading future issues of TotallyTKD.com & by visiting [www.TONG-ILmovie.com](http://www.TONG-ILmovie.com). Those interested can also follow these worthwhile projects on [www.FACEBOOK.com/LUVfilms](http://www.FACEBOOK.com/LUVfilms)

To communicate with George or provide comments or feedback, please write him at: [TKD.research@yahoo.com](mailto:TKD.research@yahoo.com)

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# Patterns:

## *The Devil Is In The Details*

PART 3

by Stuart Anslow

In last month's article we covered Juche's Dodging Reverse Turning Kick and as promised, here are a few more snippets relating to pattern Juche.

### Juche's Middle Hooking Kicks

Moves #7 and #19 call for a *Middle Hooking Kick* followed by a *High Side Piercing Kick*. We are going to look at the *Middle Hooking Kick* in more detail as a lot of people misunderstand the technique and perform it sort of like a crescent kick. First of all, though I'm sure some will disagree, the terminology for it is not the most insightful description in the world, mainly because other martial arts have 'hook kicks', which refer to an offensive type kick, executed using the heel or bottom of the foot cross-wise, whereas Taekwon-Do's Hooking Kick is executed in an up/down motion and is similar in motion to the Palm Hooking Blocks found in Yul-Gok tul.



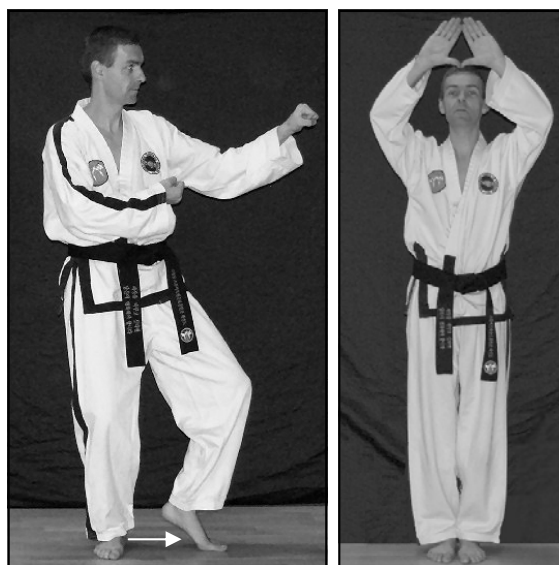
The Hooking Kick in Juche is considered a defensive technique and comes up and down in sort of 'n' shape, so it does actually 'hook' or loops over/around the intended target. The striking area is the Back Heel, not the side of the foot as a crescent kick would use.

To finish this combination, you would chamber directly from the finishing position of the *Middle Hooking Kick*, then execute the *High Side Piercing Kick* landing with a 'stamp' into *Sitting Stance* and executing the *High Outward Cross-Cut*.



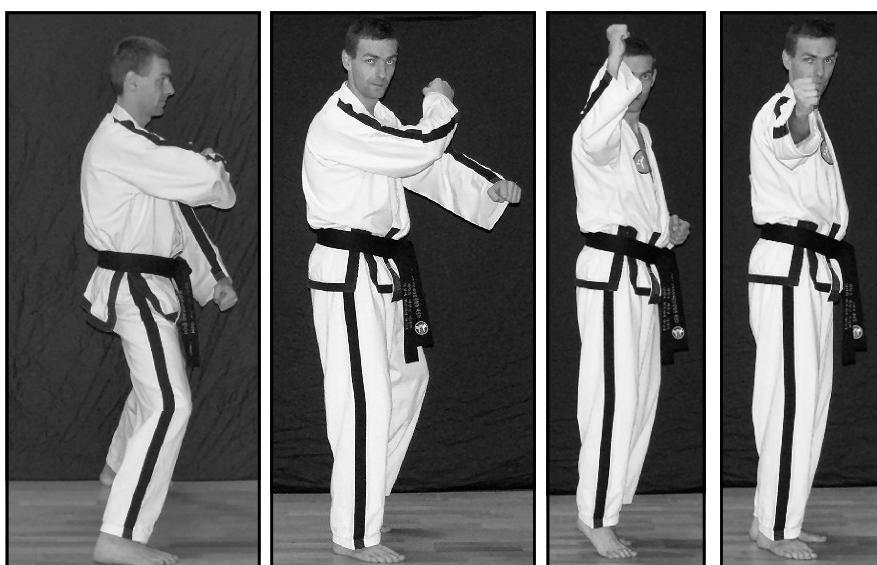
## Juche: From Guarding Block To Heaven Hand

This is a simple error, but one that is common place as it does actually feel natural to do it the incorrect way. Following the *Pick-Shape Kick* landing in a *Rear Foot Stance* with a *Middle Forearm Guarding Block* (move #25), then forming into *Closed Stance* with *Heaven Hand*, many move their left foot to their right to form the stance because, as I said, it does seem natural to do so, as the right foot is already bearing all the weight, but in actual fact it is the other way around and it is the right foot that should move towards the left foot to form the stance.



## Yoo-Sins Side Fist Downward Strike

Digressing slightly while we are discussing foot movements, there's another common error seen in pattern Yoo-Sin, when the student moves from the final *9-Shape Block* (move #63) into a *Vertical Stance* to execute the *Side Fist Downward Strike* (move #64). Like in Juche, there is a foot movement that seems natural to move one way, when in fact it should be the opposite.



The common theme is that the students preceding movements are travelling back towards the start position, so it seems natural that the feet moving to form the *Vertical Stance* follow suit by bringing the right foot towards the left, but it is in fact the opposite way round and the left foot should travel towards the right foot to form the stance.

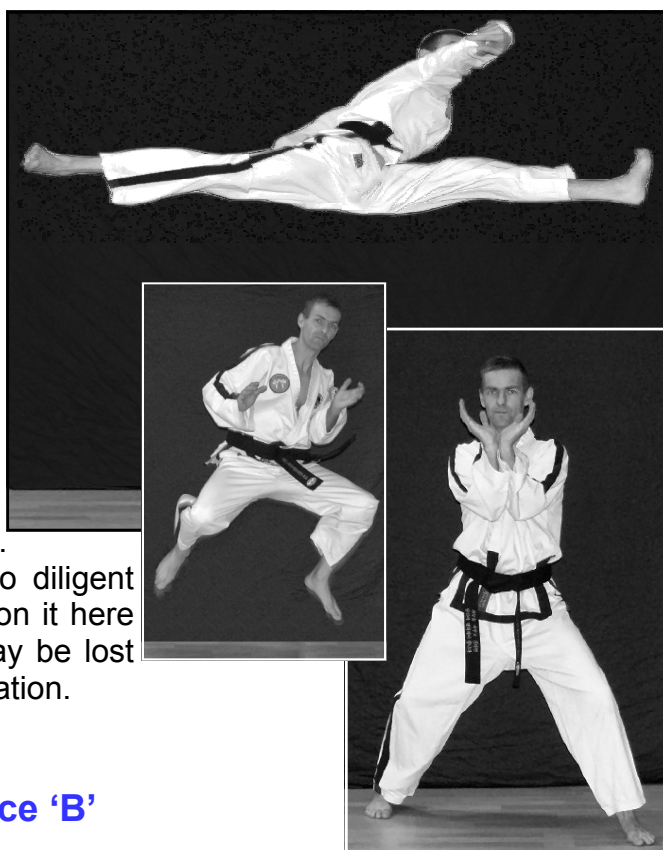




## Juche's Diagonal Stance Landing

This is not really an error, but something I feel is more related to the difficulty of performing it 100% correctly - which is very hard to do. I am referring to landing in a *Diagonal Stance* (move #38), following the *Two Directional Kick* (move #37) in Juche. To perform the whole movement in an absolutely correct manner, you have to land directly in the *Diagonal Stance* as opposed to landing then forming the stance. However, to make matters even more difficult, at the same time you need to be executing the *Twin Palm Rising Block* as opposed to executing it after you have landed (or indeed formed the stance).

Like I said, its very difficult to achieve so diligent practice is a must and the reason I mention it here is because, through time these details may be lost as instructors still struggle with the combination.

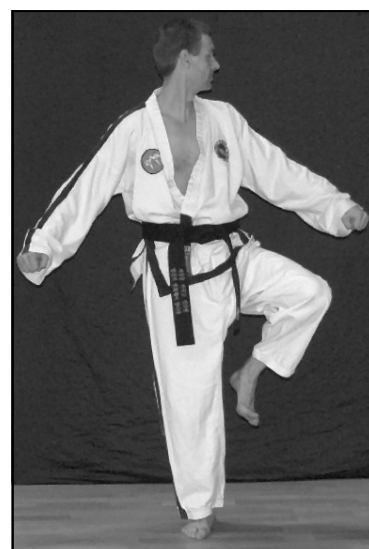


## Bending Ready Stance 'B'

Following the *Side Elbow Thrust* (move #39) in Juche, the student then executes a *Right Bending Ready Stance 'B'*. This stance is also seen in other patterns (such as pattern Moon-Moo, moves #19 and #22) and the same small error is made.



That error is that it is performed almost identically to a *Bending Ready Stance 'A'*, with the knee up (though usually a little more outwards), but more importantly the head direction is the opposite of the *Bending Ready Stance 'A'* and should be looking over the shoulder on the side of the bent leg, not forwards as many seem to do it. A small, but significant detail and something I see done time and time again at tournaments.



## Juche's Backfist Horizontal Strike

Now we'll take a look at move #41 of the pattern...the *Backfist Strike*. We do so as it seems many do not realize that it is not your standard Backfist, and is different to those you that you have previously performed in other patterns such as pattern Do-San. In Do-

San and other patterns requiring a Backfist, they are usually *High Backfist Strikes* and align with the temple or eye-level, where as the one in Juche is termed '*Backfist Horizontal Strike*' and has a number of important and distinct differences with other Backfists. Firstly, it doesn't align at temple height, but is actually inline with the solar plexus (though some can argue shoulder) and secondly, the arm is almost dead straight upon execution.



### Juche's Flying Consecutive Punch

To finish this months article, as well as common faults seen within the pattern Juche, we'll take a look at the *Flying Consecutive Punch* (move #43) found near the end of the pattern. As most will know its a Flying technique with a *Front Punch* and an *Upset Punch* performed at the same time. The common error occurs with the second punch, which see's many students



executing it either as they land or more often, after they have landed in the *Closed Stance*, however, both are incorrect!

In actual fact, both the *Front Punch* and the *Upset Punch* should be executed whilst the student is Flying i.e. While the student is still in the air. The student lands with the arm (in this case the right arm) simply held in the position of the final punch.

As an interesting aside, ITF'ers do not use a reaction hand motion between the two punches, but GTF'ers do!

I was going to make this my 3rd and final article, but due to the fantastic response I've had received regarding them, I will rack my brains to see if I can think of any other pointers.

As always, be sure to clarify any changes you may make (or feel like making) with your instructor first as some organisations do require some things performed differently.

As always, the musings in this article are randomly off the top of my head, though a bit rushed due to all the activity in my house over Christmas, which was why I have mainly concentrated on pattern Juche this time.

The photo's are taken from my books '**The Encyclopedia Of Taekwon-Do Patterns: The Complete Patterns Resource For Ch'ang Hon, ITF & GTF Students Of Taekwon-Do**' and feature me this time :-), but often feature Dan grade students from Rayners Lane Taekwon-Do Academy.

# What Is The Difference Between “*Perseverance*” and “*Indomitable Spirit*”?

By Sanko Lewis

Taekwon-Do has five tenets, virtues that we strive to develop and adhere to. The Taekwon-Do tenets are courtesy, integrity, perseverance, self-control and an indomitable spirit. I've always wondered why this list should include both perseverance and indomitable spirit, as these two virtues—at least the English terms—seem very similar. Both suggest not giving up when the going gets tough. My ITF Taekwon-Do instructor in South Korea and I recently spoke about these terms. He mentioned to me that the word *innae*, which is translated as “perseverance” in the English version of the Taekwon-Do tenets, has a courteous connotative meaning. It is not a synonym with *baekjal boolgool*, “indomitable spirit.” Wanting to find out more, I decided to make a study of these Korean terms.



Let's start with perseverance, *innae*. Instead of perseverance, better translations for *innae* would be patience or long-suffering. Patience, or better yet, long-suffering, is a greater virtue than perseverance, for one can persevere at being stubborn, arrogant, and a multitude

other vices. However, long-suffering, i.e. to endure “mental or physical discomfort for a protracted period of time patiently or without complaint,” is the attribute of a saintly person. According to the Abrahamic traditions, it is a virtue used by God to describe Himself: “merciful and gracious, long-suffering, and abundant in goodness and truth” (Exodus 34:6). General Choi called this tenet one “of the most important secrets in becoming a leader of Taekwon-Do” (Volume 1, p . 1 6 ) .

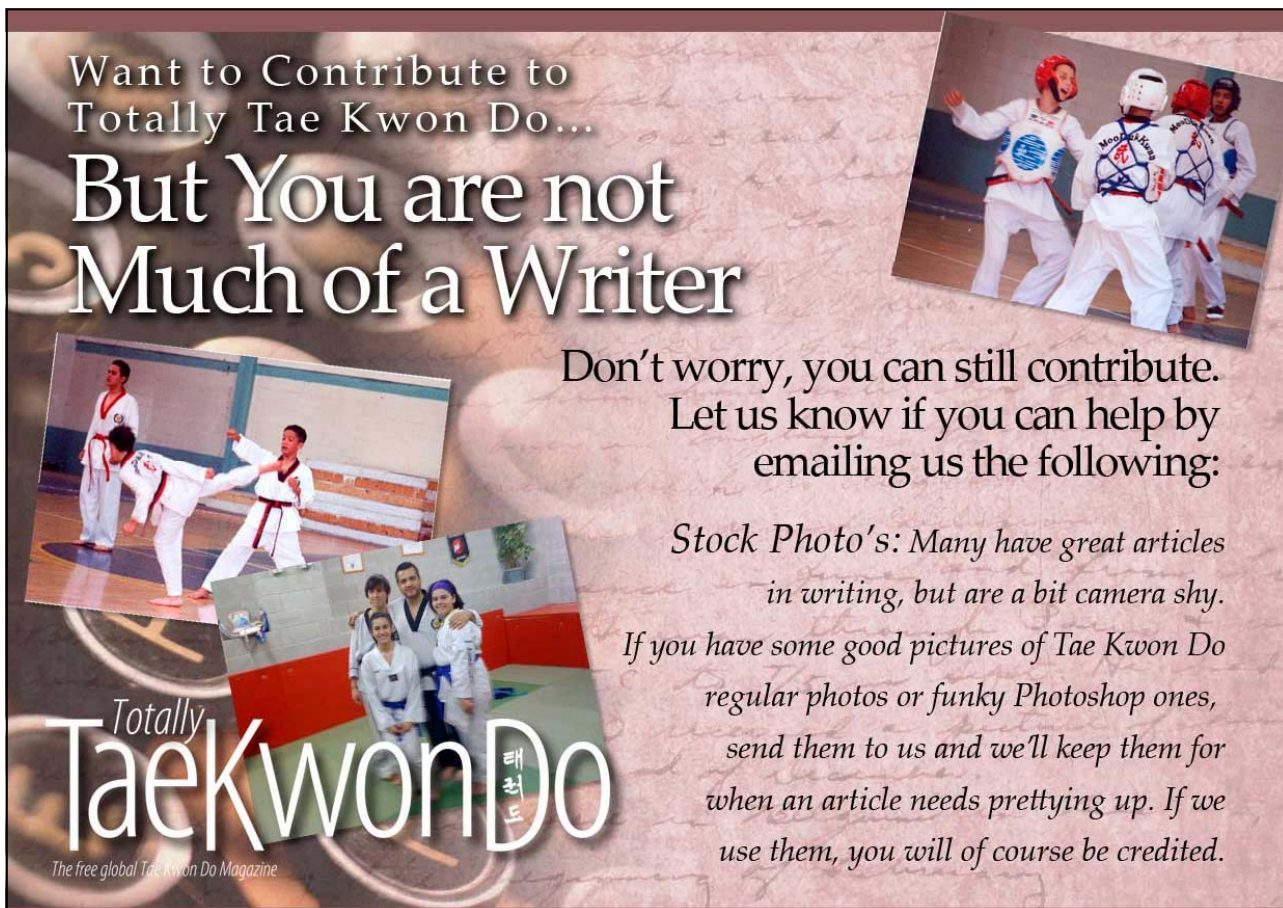
Now for indomitable spirit, *baekjal boolgool*. The latter part of this word, *boolgool*, means indomitable, basically to have “an iron will.” Another possible translation is indefatigable, which simply means not-to-fatigue; in other words, tirelessness, and alludes to persistence and stamina. The adjective form *boolgooleui* can also be translated as dauntless; meaning resolutely courageous or extremely persistent and untiring. One online Korean-English dictionary gives the following example sentence “He has overcome (extreme) difficulties with a(n) undaunted [dauntless] fighting

spirit” [Geuneun bulgul-eui toojiro yeokkyeong-eul keukbokhaett-da]. The whole term *baekjal boolgool* is correctly translated as indomitable spirit. Indeed, it would not be off the mark to translate *baekjal boolgool* as “dauntless fighting spirit.”

In summary: Taekwon-Do has five tenets or virtues, of which two, perseverance and indomitable spirit, seem similar. Their similarity is a translation mistake as the original Korean words are plainly different. When we look at better translations, patience or long-suffering and dauntless fighting spirit, we see the difference in meanings unmistakably. The first refers to saintly patience, while the second means to fight lion-heartedly.

...ooOoo...

Sanko Lewis, 4th Dan in ITF Taekwon-Do and black belt holder in Hapkido, is director of Research and-Education for South Africa-ITF (SA-ITF) [[www.taekwondo.co.za](http://www.taekwondo.co.za)]. He is *Kwanjangnim* of the *Soo Shim Kwan* (a federation affiliated to the SA-ITF) [[sooshimkwan.blogspot.com](http://sooshimkwan.blogspot.com)] and is an instructor at the main ITF Taekwon-Do gym in Seoul, Korea [[www.thewaymartialarts.com](http://www.thewaymartialarts.com)]. He works at a university in Seoul where he teaches subjects in English literature, academic literacy, and applied language and has a master's degree in Creative Writing. Mr. Lewis can be contacted at [saitf.research.education@gmail.com](mailto:saitf.research.education@gmail.com).



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# Junior Black Belts?

By David Quigg, Blue Cottage Taekwon-Do

Once upon a time in the not too distant past children were not accepted as students in Dojangs. Even today there are a minority of schools that do not train children whether the reason is personal preference or tradition. While in the majority of Dojangs that exist in present day, children's enrollment comprise about eighty percent of the schools membership becoming the foundation for the business. The question presented is should children be able to obtain the rank of Black Belt? School owners facing this question must consider their instruction methods, competition with other activities and promotional requirements to create a balance between business and art. When discussing the issue of promotion we must first investigate and answer some questions.

Let's first ask what a black belt is, testing for a black belt is a very arduous test which requires extensive preparation by old and young equally. The expression "black belt" has little to do with "master" level which the general public often associates it to when they hear the expression. My original instructor had an adage that always hung on his wall which said *"A Black Belt is not the end of your journey but the Beginning"*. Keeping this in mind, we still need to answer the question "What is a black belt?" once we define this the issue of "should

children be eligible for this rank?" can be addressed. There are many considerations when approaching this subject and probably as many answers as there are people to answer it. You have of course the "belt factories" or franchises and at the opposite end of the spectrum, the traditional schools which are usually privately owned. Approaching this topic from the traditional side since the other is self-descriptive and martial artist are familiar with those types of schools we can move on with this topic.



Contrary to the "black belt is a master" syndrome, a black belt indicates the wearer is proficient in the basic techniques they have been taught in the gup

ranks. By definition, the meaning of Black Belt is, *"Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do"* (Gen. Choi Hong Hi, 1999, pp. 373).

The USITF (United States International Taekwon-Do Federation) denotes the following age categories in their handbook Pee Wee is 10 years of age or younger, Junior is 11 to 15 years of age, and adult equals 16 years of age or older. The age groups used by this organization will be used as a reference point for the remainder of this article. To better understand the phases of a youth's development, below is a short explanation of each of the stages

children experience.

### Pre-school

Children attending a pre-school program are beginning to broaden their social and interaction skills. This is the first introductory step to socialization in the child's life outside their immediate family. Taekwon-Do in its syllabus contains the encouragement and discipline children require at this age to create positive self-esteem while becoming more responsible.

### Late Childhood

Children in this phase of development are starting to learn mechanical skills. It is important to recognize their accomplishments being proud of their accomplishments and striving for improvement consequently developing a positive attitude. Promotion through the gup ranks provides the critique and recognition they require at this stage.

**Adolescence** is described as "the period of life between the onset of puberty and the full commitment to an adult social role". This is the time an adolescent forms their personal and social identity and begins to develop their moral purpose. Taekwon-Do's influence during this period of the child's development is crucial; General Choi wrote extensively about moral culture (Jungshin Sooyang). It is this moral culture we strive for as martial artists *"it is our obligation to build such a society for the people"* (General Choi Hong Hi).

Adolescence is separated into two elements, early adolescence (13 to 17) and late adolescence (17 to 18). In these formative teenage years finding their identity and exploring questions such as

"who am I?" and "who do I want to be?" are being explored. Different roles, behaviors and ideologies are tested to select an identity. At 1<sup>st</sup> gup the student begins to learn leadership qualities and begins to understand the effort it took and will take to achieve future ranking.

Theoretically a child who starts Taekwon-Do at age five could be eligible for black belt testing at age nine. This would place them in the "Pee Wee" group and at age 10-11 they would be hypothetically have the time in to test for II Dan as a junior. Organizations have placed guidelines in place for higher Dan rankings; Third Dan is

17.5 years old and Fourth Dan 19.5 years of age according to the USTF 1998 syllabus. The use of a Black Belt with a white stripe around the center signifies a Junior Black Belt (under 17) which is somewhat provisional and is used by various organizations, when the child turns seventeen they are awarded their adult belt, depending on the school or organization requiring a re-test. Requirements are usually the same for Adult and Junior Black



Belts with the exception of board breaking.

As an adult 10<sup>th</sup> gup I recall admiring the front row of Black Belts endeavoring to emulate their movements. That being said, children require the same inspiration, goals and role models to admire to develop in Taekwon-Do. Gup levels follow the same structured curriculum from the very basic techniques to more advanced techniques that build upon each other. A junior member learns these techniques which are in the Taekwon-Do Syllabus and is the same curriculum taught to the adults although usually presented in a different



manner. Many children are proficient in the physical aspects of Taekwon-Do which means special emphasis should be placed cultivating their character.

**Discipline** can be considered a learned characteristic that is instilled from the very first class a student attends. Furthermore discipline has two different elements, discipline of the body and discipline of mind. Discipline is developed the very instance you walk into the dojang, bowing upon entering, lining up and charyot position are some of the routine mannerisms that bring the child's focus to the task at hand.

**Awareness** a learned trait is absorbed through self-defense drills, sparring and even patterns where the child learns about his body and surroundings. Students are taught stances, posture and facings all making them attentive to their body and how it reacts in different positions. Awareness may also be interpreted in the following manner; does the student have the awareness and ability to conduct a class and teach or conduct

productive lessons which benefit their class? Conducting a class takes good observation techniques and an amount of maturity. Having Junior Black Belts conduct portions of a class as an introduction benefits the junior belt holder and enables them to demonstrate their leadership role while learning other skill sets.

**Maturity** is one of the virtues which require much consideration; is the adolescent capable of making good decisions about people or situations? Making these types of decisions requires experience the adolescent may or may possibly not have acquired at this stage. However, demonstrated over time the ability to make sound judgments reveals mental maturity. There are different types of maturity, some which are emotional, physical, cognitive and social. Articles written on the subject suggest that people continue to mature in different areas during the course of an individual's life.

***Maturity is only a short break in adolescence.***

*Jules Feiffer*



C o n t i n u i n g maturity supports cognitive and social maturity which is built in layers throughout life according to specialists in the field. This is not achieved very quickly even if the student is an adult; physical abilities are easily m e a s u r a b l e

although the perceptive level is more difficult to quantify. Blue Cottage Taekwon-Do recently hosted a national essay contest for children in Taekwon-Do. Admittedly, my expectations were low, undoubtedly for all age groups based on

my expectations of what their maturity levels would be. Needless to say I was amazed by the choice of topics, the organization of topic and in general astonished by the level of writing. Consequently, an adolescent Black Belt at a given age should be more regulated than a Gup at the same given age. Typically those who are not better adjusted than their counterparts and promoted do not have the maturity to stay with the art and end up leaving. Age is no guarantee of maturity; it has been my experience that the Junior Black Belts I have encountered are well established, respectful and particularly talented in the art. Consequently this reaffirms the teaching methods handed down by General Choi and new ones being developed are sound methods of instructing the youth as well as adults. It is stated in the Student/Instructor Relationship that a good student should never tire of learning and is willing to sacrifice for the art. To continue, always set a good example for lower ranking students as they imitate their seniors. While observing prior to class watch for the leaders, they will be the ones helping lower ranks with patterns or techniques and apart from the group standing in the corner talking about the day's events. Finally a 'student should be eager to learn and ask questions', these traits demonstrate a willingness to learn and a sincere interest

the art. It is relatively easy to recognize these mannerisms in students as they attend classes and come through the gup ranks therefor being potential black belt material. Dojangs assert that children who have achieved Black Belt level usually achieve academic excellence in school. Those who have grown into adulthood have become responsible and respected members of their communities.

In conclusion and solely my opinion, when using the structured curriculum discussed throughout this article it will allow youth in Taekwon-Do to experience a sense of accomplishment. Each tenet of the Taekwon-Do Jungshin is a necessity in a human's life and forms children into a responsible adult while teaching them to set and achieve goals and develop self-discipline. As instructors we must be ever vigilant "students can only excel under an excellent instructor". Promotion is not a reward but earned by the individual despite their age. As stated before the strong hold of the Dojangs business and Taekwon-Do is the youth, consequently the need for a strong children's program is essential. Black Belt promotion of junior black belts using the criteria discussed in this article and as handed down through the art is a viable alternative to the naysayers of promoting children to the Dan level.

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# The Most Common ITF Sine Wave Mistake

## *The Lesson That Got Lost In The Teaching Method*

By Richard Conceicao

First, let me start the fun by stating that I am not an ITF style practitioner. My comments are based on my observations at large, and my background in human motion. They are offered in the spirit of understanding and mutual benefit - the WTF guys get this wrong too, and often forget its existence.

All good martial artists of all styles pay particular attention to the proper manipulation of their body weight. They do this to ensure that the movement of the body mass is consonant with what they are trying to do. Primarily they are looking to utilize this mass behind every strike. Without it, their punches and strikes are weak and ineffective.

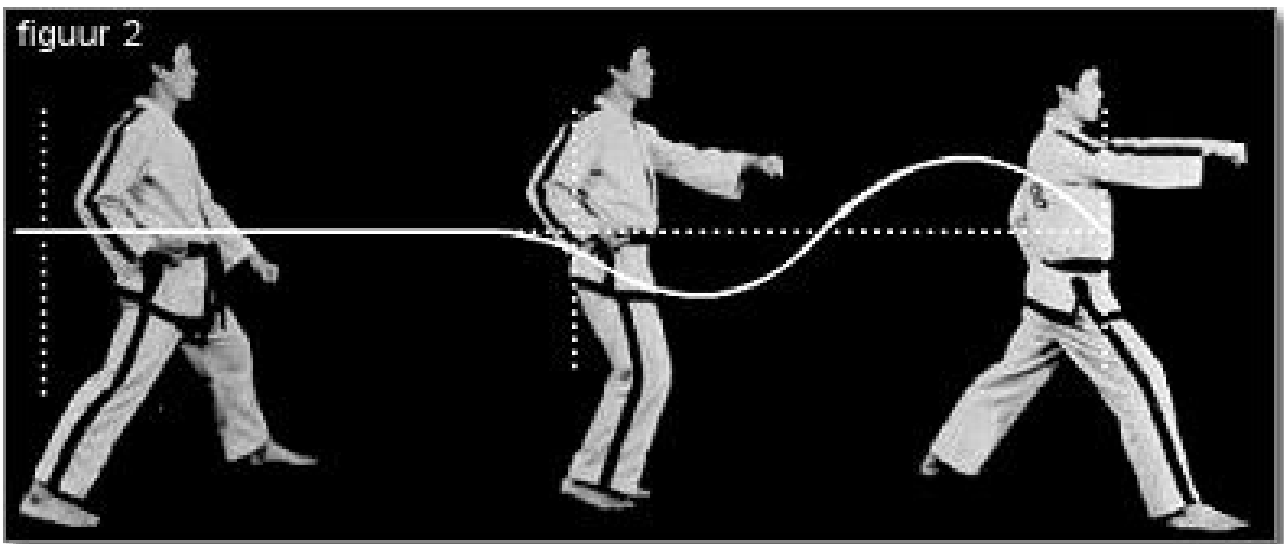
Several of the most important factors to maximize power are:

1. Structural integrity
2. Muscle power
3. Momentum
4. Inertia
5. Gravitational assist.

While the “sine wave” concept was designed to incorporate all of these, its primary focus is the last, gravitational assist. The idea is that you may add gravity as a “force multiplier” that requires no additional strength on your part.

The concept is near universal in advanced martial arts. Champion boxer Jack Dempsey described it as the “Falling Step” in his book on boxing. It is perhaps the central method of Xin-Yi Quan.

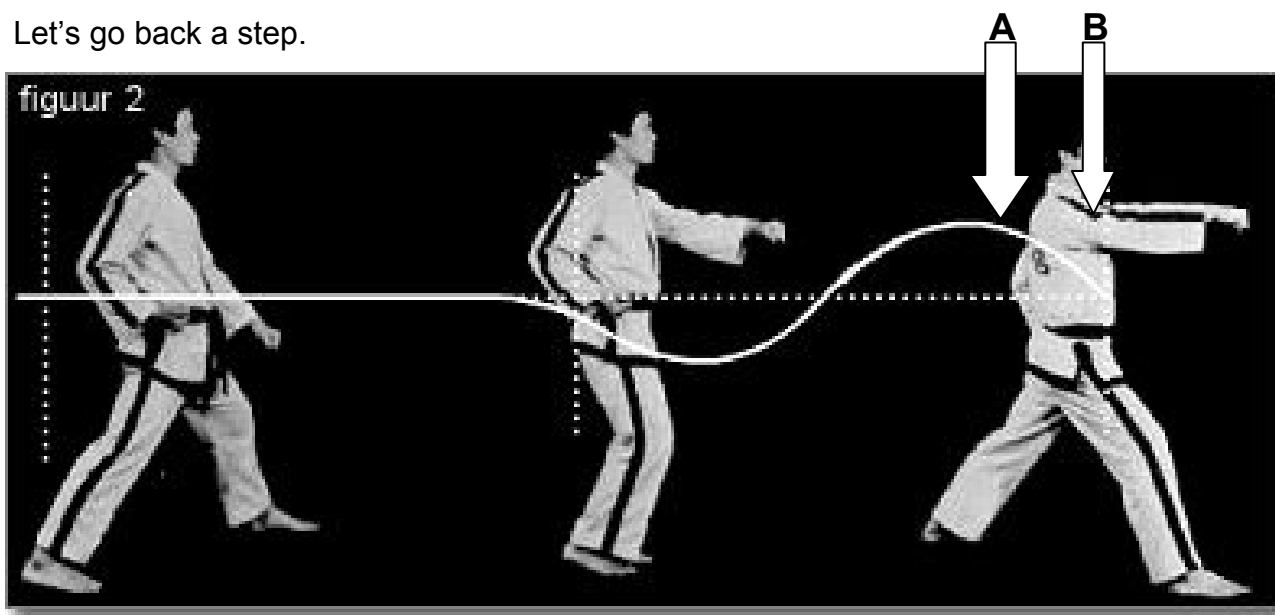
So what could go wrong? Let’s take a look at the common description of the concept:



If we look carefully at the first photo/picture representation we can notice two immediate problems; one relatively minor, one major. The middle figure has bent his knees in preparation for raising his center of gravity (shown by the dotted line) in order to drop it later. A minor problem because it: 1. Decreases his forward efficiency of motion, and 2. Decreases his stability. Minor because it is usually a small interval of time. But those in the know (especially grapplers) spend a lot of time looking for just these things.

The last figure is the one that must be focused on. We are confronted with a practitioner who has stepped forward, put all of his weight down, and then thrown a punch. All momentum has stopped. and his center of gravity has returned to its normal position. All that is left to him is his arm and shoulder musculature and some leg pushing. The lesson was lost.

Let's go back a step.



**Point A** is where contact with opponent should have occurred-*before the front foot has accepted full body weight moving forward, and before the arms and legs have reached full extension!*

**Point B** and forwards is only follow through. Just like the end of a golf swing, after the ball has been hit.

So here we are. It appears that everyone got so concerned with the teaching methodology that they forgot the lesson that it was supposed to teach.

We now have quite accomplished martial artists constantly bouncing around like corks in a rough sea, with no concern as to the functionality of what they are doing. Half the time they are shifting weight in the opposite direction of what they are trying to achieve. Their body is dropping as they are trying to punch upward. I have watched seminars where they are being instructed to bounce to the rear as they are punching forward, eliminating all power from the technique. Frankly, in some instances, looking quite silly.

I do not want anyone to think that I have read too much into what is essentially a graphic representation of a particular concept. Nor am I accusing all of doing this. However, I have seen this error demonstrated many times, in many differing situations. If you look closely I believe that you have too.

# ***Taeguk 5 (Oh Jang)***

## **Supported Elbow**

**By Richard Conceicao**

This movement consists of the individual executing a single knife hand block, then grasping his fist in his other hand, stepping forward and striking with his lead elbow.

This is usually described as a way of increasing the power of the elbow strike. However, unless one subscribes to the “William Shatner/Captain Kirk” fighting methodology (i.e. clasp both hands together-club incessantly everything in range) it is demonstrably false.

Prove it to yourself. Grab a partner and hit a pad with your elbow with one arm, and then with the two arms as in the form. In most cases you will find that the body dynamics allow you to hit harder with just the one arm. Besides, why would you want to tie up two arms for just one technique in a self-defense situation?

So let us try a different approach:



***The defender deflects attackers punch with a single knife hand block:***

*Those of you who have had trouble with successfully using a knife hand block against a determined attack will note that while it is relatively ineffective and hard to execute on line, they are supremely effective and efficient when utilized off angle to the attack. This is exaggerated in the picture (left) for clarity.*

*By following through with the blocking motion the attackers arm is directed downward and their torso tends to bend forward as their momentum has not been stopped, just redirected*



*Taking advantage of the now clear opening to the opponents' head, the defender steps in and wraps her arm across the front of the opponents' neck.*

The effect is almost as if she is applying a "naked choke" from the front. The opponents "Adams Apple" (trachea) lies directly beneath the bend of the elbow.



*At this point the defenders other hand- instead of holding her fist- is placed on the back of the opponents head. This action locks the head in and prevents any looseness or slack.*

*Defender now completes the step and turn of her upper body.*

**CAUTIONARY NOTE:** *while this setup implies a throw, and indeed this is an effective follow up, the true purpose of this technique is to wrench and torque the neck speedily against the inertia of the body-which can not move fast enough to compensate. Since most individuals do not have the kind of neck musculature that can withstand this kind of treatment, there is a grave danger of severe damage. This action can result in paralysis or worse. Practice slowly and carefully.*

**Update:** this motion has recently been changed by the WTF to an elbow strike to the hand. If there is sufficient interest in the combat application of that move, we will cover it in the future.



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**About the author:** Richard Conceicao has been involved in martial arts for over 36 years. He is currently a 5<sup>th</sup> Dan in Taekwondo having studied under Grandmaster Richard Chun and is a certified instructor in ISC police control points. He has studied with many masters in a wide range of disciplines. He desires to look past the obvious to find the subtleties that truly underlie the essence of a martial art, combining these elements to meet the needs of the martial artist in a practical manner. As a result of this quest, he has studied for many years in judo, tai chi, baqua, aiki jitsu, western and Japanese fencing, pressure point fighting, and kickboxing as well as the proper and effective use of firearms.

His occupation as a certified Prosthetist/Orthotist has enabled him to employ his knowledge of anatomy, physiology and kinesiology to the martial arts. He is currently researching the commonalities of these arts to broaden the understanding of all current and future martial artists, and to preserve what he believes is being lost. Most importantly, the combat essence of what everyone refers to as "the basics". He can be reached at [Richard@returningwavesystems.com](mailto:Richard@returningwavesystems.com)



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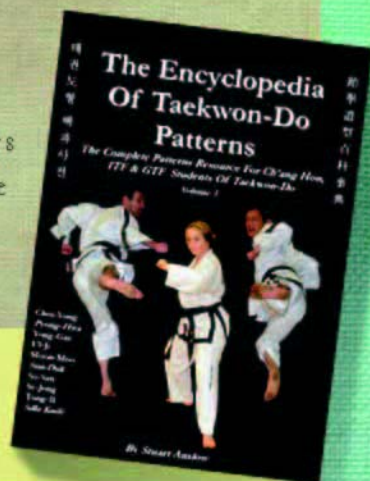
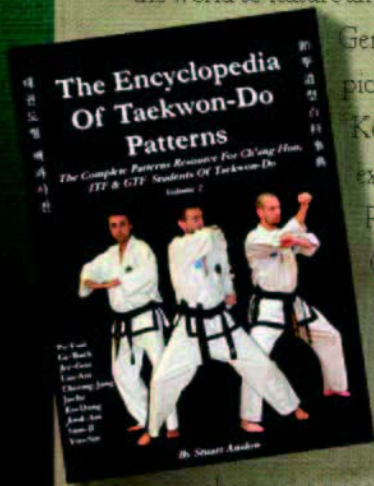
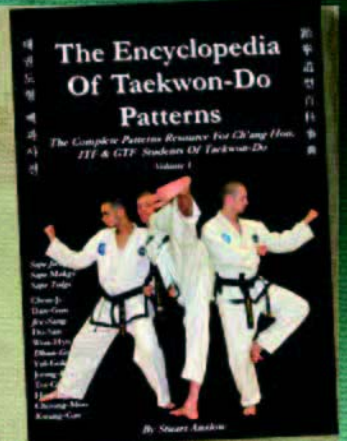
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# The Journey To Hip Replacement And Beyond

by Master Earl Weiss

I found that the most daunting aspect of facing a hip replacement was the unknown. Exactly how would my Taekwon-Do life be altered (or would it exist at all?) by the surgery. The purpose of this article is to provide insight to those who may have similar conditions and procedures looming on the horizon and are wondering what is in store for them. Naturally everyone's experiences vary greatly and it should not be assumed that your situation will be like mine.

## The Start?

Who can say when any journey starts Is it with a thought? A feeling? An idea? Or is it when some action takes place? It was not until I was about 45 years old that I found out I had been on this journey for over 45 years. You see, my journey had begun while I was still in the womb.

I began my martial arts training with Judo in 1971 and Taekwon-Do in 1972, I found certain postures and positions difficult and always thought the difficulty could be overcome by harder and better training. Almost 30 years of such training showed it was difficult to improve certain positions, and it would take me that long to find out why.

Although I had achieved what some consider a good deal of flexibility within two years of hard work (Full front splits each way), other more simple things proved more difficult. While standing my feet tended to point outward. My instructor would correct me saying "*Earl. Feet straight ahead, not like a duck*".

When doing a side kick the extended foot is supposed to have the heel higher than the toes at extension. I found this difficult to achieve with the foot being just about horizontal. One instructor tried to improve this position by twisting my foot which had no effect other than to make my knees sore.

Twin foot front kicks to a single target were impossible at a reasonable height because my legs and feet did not want to stay together at extension, instead splitting apart to both sides. There were certain advantages however. Twist kicks were much easier for me than for other people.

The first inkling that I had embarked upon my (Hip Journey) came in early 2000.

On Dec. 31, 1999 I hurt my back when I decided to move a piece of furniture after my morning weight routine. This was not terribly unusual because in over 30 years of weightlifting there were periods where I did a little too much and strained something. Usually I just needed to take it easy on the workouts for a while.

This time something was different. As the day progressed the pain got worse and sharper. By that evening at the New Year's eve party the pain was so bad, I was basically immobilized and had to lay down on the floor. (I never experienced anything like this before). Friends brought me hot packs for my back which I later learned was the wrong thing to do. Apparently the heat can cause the back to spasm and ice is much better reducing inflammation, swelling, and resulting pain. After a painful

ride home I found relief in a horizontal seated position. You basically lay down on your back on the floor with your butt against a couch, thighs toward the ceiling and calves on the couch. I stayed in this position until the next morning, hobbled to the washroom where I had to lay on the floor to relieve the pain for about 20 minutes. I then managed to get to a phone and call in sick. Even though it was New Years day I was scheduled to work. (I call in sick about one day every 5 years). I then resumed the position content to stay there for another 2 days because the next day was Sunday and I knew all the orthopedic doctors were off for the weekend.

I was convinced I would go to the Hospital on Monday but I was surprised that I was able to get around with some pain. I called around to Chiropractors offices. I am not a big fan of Chiropractors, but if someone told me they could help me by swinging a dead chicken over my head, I would have tried it. During the exam, the Chiropractor said *"You have limited range of motion in your hips"*. I then told her *"I can do the full splits to both sides and kick someone my own size in the head. If I have limited range of motion in my hips what does everyone else have?"* She said *"Oh, forget it"*.

After a few weeks of Chiropractic treatments I noticed I was seeing no more improvement in the days following treatments then in the days following those when I had no treatments. I also noticed a pain running down my left thigh when I did the Hurdler Stretch with my right leg extended. Thinking something else was wrong and with the suggestion of a student who is a physical therapist I made an appointment with my Doctor for an exam and with a knowing look he sent me for an MRI which revealed a Herniated Disk.

Apparently the Hurdler stretch causes pressure on the disc where it bulges thru the herniation and presses on the nerve running down the leg. This was now toward

the end of February and he sent me to a back specialist. I love it when you are in pain and it takes two weeks to get an appointment to see the doctor.

During the examination by the back specialist he said *"You have limited range of motion in your hips"*. I gave the same response I gave to the Chiropractor. He then explained. The range limitation was not front to back, but rotationally. This had to do with rotating my legs at the hip joint. The same motion that allows you to point the feet straight ahead easily or downward for the side kick. X-Rays revealed that I was born with a misalignment resulting in this condition. When found in very young children, corrective measures can be taken. But at my age I was out of luck. At least now I had a great excuse for all those years I tried and could not get those techniques right.

He then showed me my X-Rays which indicated arthritis in my hips. I told him that I did not have any problems with my hips, just my back. He said that is was difficult to tell how the arthritis would progress, but that people with this misalignment which exacerbates arthritis in the hips, would need to (Have some work done.( I then directed the discussion to my back problem. He explained a surgical correction. I told him we should do this as soon as possible. (I was scheduled to host an International Instructor Course with General Choi in 3 months and figured if I did surgery immediately I would have enough time for a reasonable rehabilitation period. )

He then explained an outpatient procedure involving a cortisone shot. He said it did not work in all cases and the length of time it might work was unknown. If it did not work, we could always try the surgery. I opted for the shot, and the results were nothing short of magical. The results have not changed for over 10 years now.

My regular training resumed with virtually no slowdown or setbacks until the Spring



of 2001. At that time it felt like I pulled my left groin muscle. However as the weeks and months went by it did not seem to improve. I tried both increasing and decreasing my training, without any result. Finally since it seemed more like pain running down my leg than a groin muscle I went to see the orthopedic Doctor who had helped me with my back (thinking the disc problem had resurfaced). His diagnosis: *"You have arthritis in your hips"*.

I told him I did not have any pain in my hips. His only response was that this is how hip arthritis pain manifests itself. Some people feel pain in their knees. My independent research revealed that because many nerves running down the leg terminate in the hip joint, the inflamed joint causes the pain to radiate down the leg.

The doctors recommendation was for me to live with the discomfort as long as I could, cease impact type exercises, (No more jogging or heavy bag kicking) and a prescription of Celebrex, one of the newer anti inflammatory wonder drugs.

Getting little relief from the Celebrex I decided that since I was dealing with an arthritic condition I should go see a Rheumatologist. He prescribed Indomethacin, a generic equivalent of Indocin. An old line anti inflammatory drug which had potentially bad digestive side effects. However, I had no side effects and it worked wonders for about a year.

I then heard of a new procedure where a doctor arthroscopically cleans up the hip joint. By smoothing it out the life of the joint before replacement can be extended. Chuck Norris purportedly had this done. I searched for a doctor in Chicago who did this and was referred to someone. While in his office reading his literature I learned he did not do this but instead did a minimally invasive replacement. Since I wasn't ready to do this I asked for, and received my co payment back. Since I was under 50, and the replacements had a 20 year projected

lifespan, I really did not want to do it a second time at age 70.

By chance, I later ran into a younger cousin of mine who is a physician and told him the story. He does a lot of physical rehabilitation work and suggested I come see him. My x-rays revealed that my hip was pretty bad and he suggested I go for therapy and a cortisone injection. Since I had such a great experience with my back problem I was happy to try the injection. He also prescribed Bextra indicating it was much gentler on the stomach than Indomethacin. I did not get good results from the Bextra and went back to the Indomethacin. As we now know, Bextra was later linked to possible heart problems.

The only thing noticeably different then my back injection was while waiting, the person immediately ahead of me who had a procedure, and who I visited with in the waiting room came out groaning in pain. Not something that puts you in an upbeat mood. Again, the procedure was equivalent in pain to a Bee Sting. This time I was made to wait in a recovery room for a half hour after the procedure.

Once again I got great relief from the injection....for about 6 months. I then called my cousin to see if he could recommend someone who did the arthroscopic cleanup procedure. So, off I went with my x-rays.

This doctor said *"well, your hip is shot, but I am really impressed by how well you can move around"*. He also said, *"Your hip is too far gone for the procedure, but I am really impressed by how well you can move around"*. And he basically finished with *"live with it as long as you can and then I can recommend someone for the replacement, and I am really impressed by how well you can move around"*. I told him I had some concern that allowing the condition to degrade too much could adversely affect the ultimate replacement and recovery. He indicated that I had a

while before got to that point. He told me that I could get additional cortisone shots for relief.

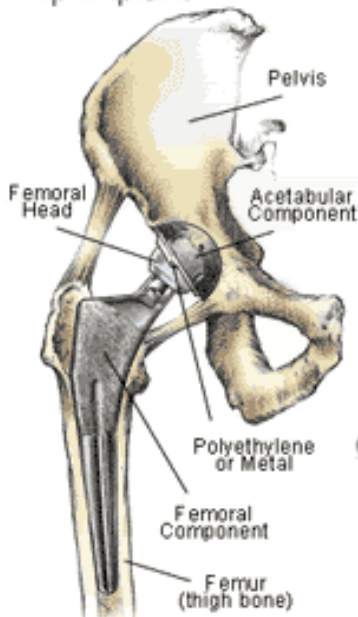
I asked if there were any adverse effects from such multiple shots. He told me the concern is cortisone shots cause the cartilage in the joint to degrade. But, since I did not have any left it really was not a problem. A few months later I went back to the rheumatologist for another shot. This one did not provide the same amount of relief as the first one. As time passed my leg seemed to become

weaker and my range of motion less each day notwithstanding my attempts at increasing my range of motion and strengthening exercises. Nonetheless I continued the exercises. Feeling that (Pre Hab) was a boon to any surgical recovery I continued the exercises.

You know it is time for surgical intervention when you can't put your foot up on your knee to put your sock on because your hands won't reach, and when after a long day on your feet you don't feel like walking across the room. Still I had good days when between classes I would still get in 200 kicks. (10 each leg; Front, Side, Turning, Back, Vertical with Footsword, Vertical Reverse Footsword, Reverse Hook, Reverse Vertical, Reverse turning) Although the height on some was not what I would have liked. Curiously the left or bad hip side could kick higher. Apparently it is the degree of tilt on the side you are standing on that give a large portion of the height range for this kick.

So, exactly when did the journey begin? Before birth with the misalignment? Or, perhaps there were other initiating or contributing factors? These could include some jams and twists, downhill skiing, jogging including getting in shape for and

## Hip Implant



running the Chicago Marathon, and a motorcycle wipe out.

What about Martial Arts? Certainly an activity with an impact element? In the early 1970's it was something to brag about, kicking a 70, 80, or 100 lb heavy bag. When that wasn't enough we would swing the bag away from us and have to stop it with a side kick as it swung toward us. In the 1980's I read one of He Il Cho's books where he questions this practice saying that you do not need a bag heavier than 60 lbs. to develop power and using anything heavier is too jarring on the joints.

At a seminar with Don (The Dragon) Wilson he commented on Martial Artists having hip problems and said there was some thought that this had to do with the force of kicks being transmitted back into the joint at an unnatural angle. What he meant by this was that when we walk or run the position of the top of the leg and hip is at one angle and the body has evolved over time to absorb this type of force. But, when the foot is raised to a side kick position, the angle of the force coming back into the leg is much different. This is what may damage the joint.

So, now, with the inevitable facing me, I

began speaking to people who had this done and were happy with the results. I wanted a surgeon close to where I lived because I figured it would be easier to jog home from the recovery room. I found a highly recommended doctor in February and tried to schedule a surgery for early May when my busy season was over and it would be easy to do my rehab walking outside. This delay would also give me time to arrange my schedule.

I thought 3 months was plenty of lead time. However, when I called the doctor I found out he was booked through July. This delay was not acceptable for various reasons. 1. I did not know how much longer I could function with my deteriorating status; 2. I did not want to blow part of our short summer season in the hospital and rehab; and 3. I wanted to be well enough to get back on my motorcycle for some cruising during our all too short season. And 4. Grandmaster Sereff was scheduled to come to our region in July for a Black Belt Test where several of my students would be testing and I wanted to be able to attend the test and seminar.

So, I asked for another surgeon in the practice and was referred to someone else who was available for the desired date. I found one and scheduled the first and only pre op appointment. It probably lasted about 15 minutes, mostly getting my questions answered. I told the doctor I wanted to jog home from the recovery room. He responded dryly "*I wouldn't recommend it*".

The surgery date was reserved for May 3, 2005. In the interim there was a lot to do. The pre operative items included: 1. A physical; 2. Donating 2 units of blood which had to be completed two weeks before the surgery; 3 Chest x-ray; 4. Nasal swab to check for staph bacteria which 50% of the population carry; 5. Dental exam and completion of any needed dental work; 6. Ultrasound circulation check of my legs.

The physical is to determine if there are any conditions that might affect the surgery. The Doctor found I was in great shape. The dental exam is important to minimize infection. Once the implant is in, any invasive procedure, including dentistry must be preceded by antibiotics. Apparently, since the implant and area no longer has natural circulation it cannot fight off infection. The Dentist found I needed some work and it took a little over a week to get it done. My nasal swab came back positive, but the treatment was a simple application of a prescription antibiotic cream twice daily before the surgery. They also put you on iron and calcium supplements. Part of my pre op preparation was to increase my Pre Hab exercises, (leg extensions and leg presses) hoping that strong legs would aid in my recovery.

The next step in the pre op process was a (Hip replacement Class) which I attended a couple of weeks before surgery. They cover items such as: What medications you should continue to take and which you should stop taking; How to prepare and what to bring for your hospital stay of 3 nights and 4 days including reminding us to bring our eyeglasses, hearing aids and teeth. (My wife found this extremely funny, I as about 20 years younger than the next oldest person in the room).

They also tell you that you will have an I.V. after the surgery and a button you can push to give pain medication. It times out so that it will not work more than once every 8 minutes. They say you should use it as much as you want, but if you are sleeping, no one should push it for you to help out. They also tell you to request more pain medication if this does not seem to be doing the job. Since, as a family member told me "*They do not give any medals for not taking pain medication*" I expect to follow my usual philosophy of (better living through chemistry ( and use whatever they will give me.

Post op (Hip precautions) are covered during the class. These include: No pivoting on the operated foot, no crossing of the legs, and not bending past 90 degrees at the waist or knee. These are reinforced almost every time you see a nurse or therapist. Violating these precautions can lead to dislocation. The class also covers things you will need for the return home. These include crutches, a cane, compression stockings, and stuff to help you get your socks and shoes on as well as a raised toilet seat.

The hospital does not let you know until a day before surgery what time you are scheduled for. Apparently this gives them the ability to schedule higher priority surgeries first. The day before surgery I was at work and realized about 4:00pm that no one had called me, so I called them. They told me to be there at 9:10am and surgery was set for 11:10 am. I was hoping for an earlier time, figuring early in, early out. Also, since you cannot have any thing by mouth after midnight, I wouldn't have to deal with thirst or hunger any longer than a couple of hours after waking up.

The night before surgery was our Ju Jitsu night at the school, and I told the students I would not be rolling around on the ground with them for a few months after that. I was lucky to have the Black Belts cover my teaching assignments during May. A few of my students asked if I was going to get a 'Special Implant' allowing me to kick higher. Another student asked if I really thought I would be back teaching in a month. I said *"Heck yes. All I need to do is stand there and say do this, do that etc."*

So, the big day arrives. The nurse asks whether she can get me anything. I told her I want hot fudge Sunday in the recovery room. (I didn't get one. )

The doctor comes in and initials my left hip. He asks if everything is all right. I tell him I want to jog home from the recovery room. He again dead pans *"I would'nt*

*recommend it."* They then proceed to shave the hip area. My wife tells them to do the whole thing. (Use your imagination.)

I then get to experience a compression stocking for the first time. This was probably worse than being pricked and prodded. Picture a stocking being a size too small like the 'O.J.' glove being squeezed over your entire leg. I am also given the oxygen tube that runs up under your nose with two little prongs that keep it in place. Not uncomfortable, but annoying. It also makes you thirstier. The anesthesiologist gives the usual spiel, and I am wheeled to the operating room at about 11:15am. The lights in the hallway ceiling roll by until I am in the 'O.R.' and I see numerous faces looking down at me, and then nothing, until I wake up with my right shoulder being sore.

I realize I am in the O.R. on my right side with my left arm strapped to a board keeping me on my side. Unfortunately I am still too disoriented to realize that this makes perfect sense for me to be in this position for surgery and start trying to pull loose, only to be met with people saying *"Not yet, not yet"*. They must have injected something into the I.V. at this point because the next thing I know I am waking up in the recovery room.

The surgeon had spoken to my wife in the recovery room indicating that the condition of my hip was 'terrible' but everything went well. He also says the incision is about 5 inches long. (This must be one of those few instances where guys say something was smaller than it really is. Eight inches would be more accurate.)

I am moved to the hospital room about 3:00 pm. I see the physician's assistant in the room and he asked if I remembered speaking to the surgeon when I woke up. I told him I did not remember any conversation. He said this was not unusual because the anesthetic has some side effects including amnesia. He told me the

misalignment of the joint was apparent and the condition of the joint was not good. In addition to the oxygen tube, I.V. for fluids and pain medication, there is a tube in the incision to drain fluids and a catheter. In addition to the compression stockings here is an air bladder wrap on each leg which fills and releases with air promoting circulation. All this while your legs are strapped to a triangular shaped piece of foam keeping them at the proper angle. Not a pretty sight. .

Periodically they ask how my pain is (on a scale of 1-10, with 10 being the worst) and for the first few hours using (the Button) I answer that it is a one or two. However, after about 4 hours I tell them that it is a five and climbing and ask for something else. Whatever it was, it worked well. Unfortunately one of the side effects of the pain meds and anesthetic is nausea. At least it passes as fast as it comes. (Use your imagination.)

At about 11:00 pm two nurses come in and help me sit on the edge of the bed with my legs dangling over the side. The nurse supports the left foot on her foot so all the weight does not hang on it. Every wrinkle in the sheet felt like it had cut into my back during the last 8 hours. The nurse knows this and without saying anything rubs my back. One of the greatest backrubs you'll ever get! They then put me on my right side wedged in by pillows, more relief from being in one position. But, after an hour or so this became old as well.

Pain meds are provided 1 hour before physical therapy sessions. It helps reduce resulting pain. Beforehand the drain and catheter are removed. This is a new experience. You take in a deep breath and exhale as each tube is removed. All I can say is ZZZZZIIIIIIIIINNNNNNNNGGGG!  
(Use your imagination).

At the pre-op orientation they tell you to do (Heel Slides) in bed after the operation. This simply involves bending the straight

leg at the knee so the heel slides toward your buttocks, straightening the leg and repeating as the heel of your foot slide up and down on the bed. I try this when I wake up only to find that my leg does not respond to commands from my brain. I did not know that in order to insert the replacement they cut the nerves and muscles and then sew it back together. Apparently it takes a day or so for the neural pathways to reconnect.

Therapy session #1 involved using the walker. Thank heaven for good upper body strength and a strong right leg. I have a whole new respect for those 20+ years older than I who do this. (I know my general physical condition and upper body strength allows me to compensate much easier than they could. ) I go about 50 feet down the hall with 2 therapists in tow. One to make sure I don't fall and one to move the I.V. along. The therapist is happy saying they usually only go to the doorway of the room and back the first session.

In between therapy sessions you do exercises that increase the circulation in your legs which promotes healing. . These include flexing your ankles, tightening the quads, and tightening the glutes. You also need to suck on a breath monitor 10 times every hour to help keep the lungs clear.

Therapy session #3 introduces crutches and #4 introduces stairs. #5 increases the previous activity levels. I continue to have great admiration for those older than I without the same fitness advantages who have gone through this. On the other hand I am very glad I did my Prehab work.

My biggest problem is sleeping at night. Primarily because my last two roommates snore like drunken sailors. The nurse brings earplugs which help a little. If I did it again I would probably bring an MP3 player.

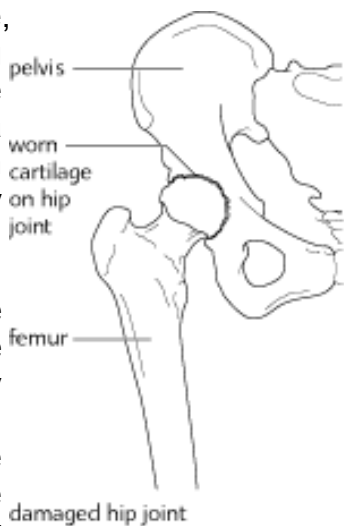
Hospital discharge must await the results of my blood test and a circulation test. At

about noon I get the blood results and ask when the circulation test is scheduled for since I am anxious to get out of there. The nurse talks with the doctor who now says I am not scheduled for a circulation test. There is nothing keeping me there except that I had arranged transportation for later in the afternoon to allow completion of these tests.

The ride home was more uncomfortable than expected. I felt every bump. The minivan has seats at a good height for this transportation, but I guess I am more sore than I thought and feel each bump. I should have had an extra cushion. (It is a reminder to get the prescription for the pain medication filled. )

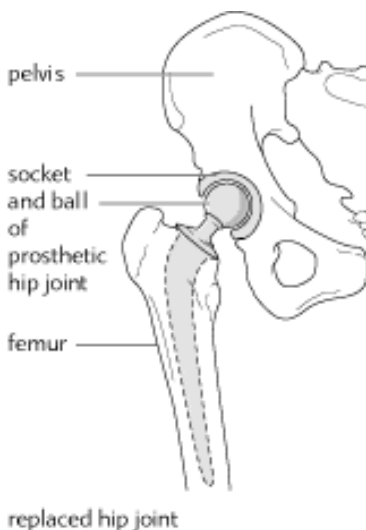
Even with the painful ride I am so happy to be out and home, instead of going right in the house I go for a walk with crutches. In my running days I would do interval training. We have fire hydrants every half block. I would run to one and jog to the next, then repeat. For now, I am content to get to the first Hydrant. Tomorrow I will get to the second one.

As days go by the distance increases and I first eliminate one crutch and then move to a cane. They put you on an anti clotting medication. A therapist measures these levels and comes to the house to monitor progress. The therapist adds a couple of simple exercises. The (heel slide( where you lay in bed and bring your heel toward your But bending your knee, Raising on to the ball of the foot while standing. Lifting each knee as high as you can alternating, and side leg raises. At 10 days post op I



am walking over a mile twice a day with the cane. I still take the pain meds after the exercise and before bedtime. They also don't tell you that these pain meds have a side effect. Like someone puts a cork in your system. (Use your imagination). There are other supplements to be used to relieve this side effect.

At two weeks I have eliminated the cane. I walk one mile once a day. Then I go to work for a few hours. I had gone as far as two miles but the therapist told me this was excessive and to cut back. The energy levels are still low so walking once a day and going to work are enough. New exercises involve side and rear leg raises, and high knee lifts. Also some minor calf stretches. The therapist is reluctant to give me anything more strenuous at this still



early stage. They measure the range of motion and find I have already met the 6 week goal in certain areas. I will be happy when I am allowed to kick again, if only in slow motion to develop strength and range of motion.

At three weeks the therapy is getting extremely boring and unchallenging. I can't wait for the one month follow up. I hope some of the movement restrictions will be lifted. (Will I be able to at least walk thru my patterns?) Will I be able to lose the compression stockings and blood thinners? How about getting down to some serious rehab?

At the one month follow up, I am advised to keep the (Hip Precautions) in place. These include no bending at the waist or knee past 90 degrees, no crossing of the legs, and no pivoting on the affected leg. The

compression stockings and raised seat limitations are no longer needed. Outpatient therapy begins, and although seemingly simple, some of the exercises produce a fatigue in the affected areas. The best part is that the therapist spots and targets where I am unconsciously favoring the leg.

I experience a dose of Karma when my own lessons are directed at me. I often tell the kids to practice what they learn at home and if they have trouble finding time to practice, do it during television commercial breaks. I reinforce proper breathing by exhaling on the exertion. So, what does the therapist tell me? Exercise during commercials, concentrate on proper form, and breath correctly!

At the six week follow-up with the therapist who did the preoperative evaluation, I am given the (Shoe and sock stretch) to eliminate the need for assist devices, and some elastic strips in different colors to provide resistance for the exercises.

At least now I can do exercises to a point of (Failure) after 10-15 reps and then increase the resistance as my strength improves. Originally I am scheduled for outpatient therapy twice a week but the therapist agrees with me when I tell her that I do not feel there will be much change in a couple of days and I would like to work on new exercises for a week before the next visit. I have a student who is a therapist. She says therapists generally do not have patients like me. Often the patients cannot remember what to do from one session to the next, despite receiving pictorial instructions. I happen to be at the opposite extreme where I receive repeated cautions not to overdue it, especially before the initial 3 month hip precaution period is over.

Outpatient therapy sessions are over about 8 weeks after surgery, but I can still tell there is work to do. Going up stairs carrying a load is one way I experience

weakness. Trying to put my foot on the opposite knee to put on my shoes and socks is still not possible. I was cautioned not to push too hard too soon due to the potential for dislocation. I will see how things progress by the three month follow up. In the meantime kicking will stay limited to easy range of motion front snap kicks.

The three month follow up comes and restrictions are lifted. I start kicking, concentrating on range of motion rather than power and speed. It is easier to kick with the leg that was operated on since the support is from the other hip that did not have the surgery. It has a greater range of motion.

Since they put me back together differently, the foot no longer points outward as much and the leg is one centimeter longer, pivoting on that foot will take some getting used to. Due to the misalignment the replacement is configured with a swiveling adjustment that locks in place once the doctor sets it for the needed alignment.

Kicking progresses with more and more improvement. There is a little soreness but not much. I notice a couple of strange things. I cannot hop much on that foot (Useful for some kicks). The strength does not seem to be there even though I am working the weights with leg presses and extensions. It is also painful to run even short distances. I want to stretch more but am worried that I may be causing some harm. For some reason, while kicking is not painful, running even 20 feet is. It also seems that to some extent my body has forgotten how to run.

At the 6 month follow up, There is a 25 year old med student with the doctor. I ask about the pain while running. His response "*What are you running for*". I explain it is not for fitness but simply certain circumstances like getting across a street in a hurry. I also tell him about the problem hopping. His response "*Don't be hopping*".

on that foot". He then explains that the bone is forming around the implant for up to a year. So I need to be cautious. That is why there is pain from running.

I ask about stretching and sit on the floor and move my legs apart about 90 degrees. The med student says "*I can't do that*" and the doctor says "*looks pretty good to me*". I explain that perhaps for the average person. I want to make sure I will not do something harmful by stretching more. I then show them how far down I can go in the front splits with the same reactions before. I explain that 4 years ago I could go all the way down so I want to do better. The basic comment is that I need to listen to my body.

I am now stretching harder hoping to once again achieve head level turning kicks. So far only vertical kicks to this level are possible. The good leg cannot kick as high as the leg that was operated on. This apparently is because as a support, the natural hip range of motion provides the height. Time will tell. Six months of hard work will provide the answer.

At the one year follow up and things seem to be going well. I asked the doctor about standard prohibitions on roller blading and snow skiing. He said that I am not any more fragile now than before the implant. However, an injury would present greater complications due to the implant. So, basically roller blading and snow skiing is allowed, with the following caveats. Extreme maneuvers should be avoided, and excessive impact will tend to reduce the life expectancy of the implant. So, no more heavy bag kicking or breaking and jumping is minimized.

I decide to make a video of my kicking so the doctor can appreciate his handy work. A copy can be found here. <http://www.youtube.com/user/EarlWeiss#p/u/7/eLGnXrKdC50>

I later found out that the doctor shows it when he lectures on the topic. Subsequent,

two, three, and five year follow ups show no issues. (Follow ups are scheduled every two years to make sure all is well with the implant.) However, for whatever reason I have never been able to regain the full splits range of motion. This may or may not have anything to do with the implant since there may very well be issue with the other hip which (Thank Goodness!) are not yet apparent.

I attend a seminar with Bill Wallace who at age 64 has had 2 hip replacements (one relined) . Video here:

<http://www.youtube.com/user/EarlWeiss#p/u/5/mdE9I5662iA> and <http://www.youtube.com/user/EarlWeiss#p/u/6/MszZiKVyhpK>.

I speak with him about the orthopedic surgeons and what they tell you to do or not do following the implant. He says "*Tell them they are full of S\*\*\*. They have no idea about what we do*". I decide not to tell any surgeon who will be operating on me this until well after they have finished treating me.

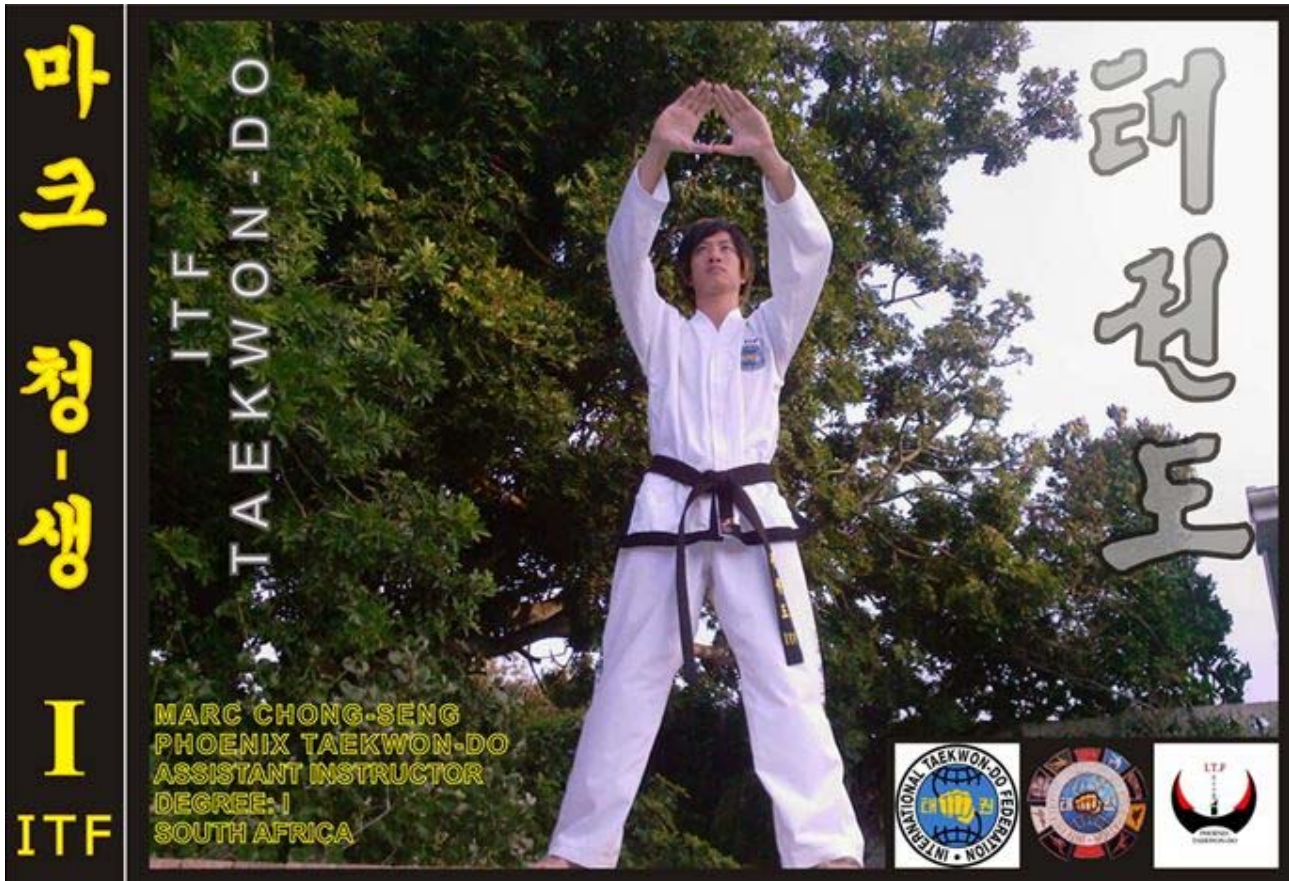
So, while I won't say that the implant has made me perform as though I was 30 years younger; it has returned me to a level close to where I was before I noticed any problems. I could not have hoped for anything more.

**Prologue:** When I was first contemplating the surgery I had heard about a minimally invasive technique. It seemed new and untested so I did not pursue it. Apparently they are able to insert the implant through a smaller incision and not cut as many nerves or muscles. Later I heard a story of a local newscaster who walked out of the Hospital without assistance the day after the surgery. I did not give much credit to the story. Then I continued to hear more such stories from people I knew about there relatives, some of whom were well past age 70 when they had it done. As much as I like the surgeon who did the first surgery, If I need another one I will seriously consider the minimally invasive choice.



# Marc Chong-Seng

## *Interview With A Black Belt*



### PROFILE

**Full name:** Marc Michel CHONG-SENG  
**Date of Birth:** 17<sup>TH</sup> October 1985  
**Place of birth:** Seychelles (Indian Ocean)  
**Present Age:** 24 years  
**Height and Weight:** 1.78m and approx. 72Kg  
**Blood type:** A+  
**Degree:** 1<sup>st</sup> Degree Black Belt (Graded on 14<sup>th</sup> November 2009)  
**South African ITF No:** SA-1-257

### **What are you studying and where:**

Bachelors of Technology in Architectural Technology (Nelson Mandela Metropolitan University, Port Elizabeth, South Africa)

### **Do you have a job & where?**

Recently completed my degree studying (4 years in total) and working at X3 Architects in Port Elizabeth (P.E.) as well as having past experience in well established firms in

PE and from Stellenbosch as well as in Seychelles.

### **At what age did you start TKD?**

22 years in P.E (in the beginning of 2007). Hence I am the only and first official ITF black belt in Seychelles!

### **How did you hear of it and how long did it take you to get hooked?**

I was approached by a friend, Siphon Mashiyi, who had recently started tkd and asked if I had done previous martial arts. Therefore with my previous background of 2 different styles of karate namely; Tang Soo Do (Korean) and Kyokushin (Japanese), he suggested I come and give tkd a go. I had NO idea what tkd was about, but having had break from karate in the past I was determined to get back into martial arts hence I gave myself a chance and I can say from the very first class with Sabum Gerd, at Humerail hall, I was impressed with his skill and teaching ability. The funny thing I shall always remember was when I came to the class I was a bit tipsy from a few drinks in the afternoon after unl class (was still experimenting and enjoying my newly found freedom being in SA)!



Marc as a yellow belt, 2007

having even witnessed a grading.

**Did you feel prepared for it?**

For certain parts I felt prepared but the amount of theory I did not expect, so then again not really but hey it was my first grading it's only natural!

**Have you ever blanked at a grading?**

I would say at every grading there have been moments where I have blanked out cos the nerves kicks in, heart is racing due to the hectic exercises and people watching around, although I think I always had a general idea of what was being asked even though I did not get things spot on.



Sidekick in a place called Hogsback (up in the mountains), as a green stripe

**What was the question asked?**

Think the one which caught me off guard was my grading for black stripe, where Sabum Gerd simulated a scenario of him being a small child and I was now the 'teacher' and he persisted in wanting to go to the loo. He was testing to see how I would respond, react and deal with situations with often stubborn and persistent young kids.

**Do you remember how you felt after your first class?**

Sober!!!! Lol, really enjoyed my first class and my immediate thought was "when is the next class cos i'm keen?!".

**How bad was your yellow stripe grading?**

Oober nervous! I remember seeing everyone including parents all around the hall, hardly knew anyone so it was all so intimidating not



Marc at and I: Yellow stripe grading for Yellow belt, with Thabo

**What was the hardest part of being a white belt and what was the best?**

HARDEST: not knowing if what you doing is right

and looking down at your feet to keep checking if you are doing the stances correctly, protocol of how things are supposed to go (e.g. class structure and what is expected of you)

BEST: not much is expected of you at this level and the great starting point to your tkd journey and the willingness to learn more.

**What was the hardest part of being a yellow belt and what was the best?**

HARDEST: more expectations of oneself.

BEST: losing that white belt, sense of accomplishment on achieving another step up the ladder, knowing two patterns.



*Yellow stripe grading group, Marc is on the far right*



*Grading panel: Master Kim Jong Chol and Sabum-Nim Gerd Hummel*



*(left to right) 7<sup>th</sup> Degree Black belt Korean Master Kim Jong Chol, myself and 5<sup>th</sup> Degree Black belt SA Gerd Hummel*

**What was the hardest part of being a green belt and what was the best?**

HARDEST: more expectations of oneself and more theory to learn.

BEST: knowing more and understanding over time, with knowledge comes great power.



*Marc on a training camp as a green belt*

**What was the hardest part of being a blue belt and what was the best?**

HARDEST: being more senior, learning more theory, remembering previous theory and learning more technical moves.

BEST: It's a great colour against the dobok and signifies approximately the halfway mark up the ladder. Patterns become more elegant and challenging to learn.

More advanced moves are learnt and application of moves become clearer.



**What was the hardest part of being a red belt and what was the best?**

**HARDEST:** having more responsibilities and trying to be an ideal figure to the junior belts at all times, really giving it my all to improve my techniques and performance. Competitions are more challenging as nearing closer to advanced level. Instructors and masters demand your utmost best (which I try and do in any case at whatever the level I was at).

**BEST:** being quite senior, closer to black belt, feeling the accomplishment so far and how all the lessons you have learnt over time all making sense and logic behind

everything that you do. Junior students look up to you.



**What is the hardest part of being a black belt and what was the best?**

**HARDEST:** well for one the grading was quite something, nerve racking and demanding at the time. Trying to always be a model to others who look up to you and meet/surpass expectations of your seniors.



*Pics taken from SA champs 2009 performing patterns and 1-step sparring at opening of SA champs 2009*

BEST: status and authority privileges are not always bad to have, being able to assist instructors with anything, competition participation and helping with judging. To be able to inspire others with your experiences of words of wisdom and teaching students in the art of tkd.

***What do you have to do to grade for your next degree and when will you be doing it?***

I shall be grading for my second degree and probably will be towards the end of next year (2011)

***Are you going back home?***

I will be returning home at the end of the year as it is compulsory and having not seen my family in so long it would be great to return home for a bit, furthermore my government gives me a complimentary ticket to come back.

***If so, what when and how?***

Airplane =)

***What are your future plans for your TKD career?***

Continuing to keep practicing tkd wherever I end up and hope to keep sharing my passion for tkd with anyone who wishes to learn and attain as much experience in the art as much as possible and wherever I can. I also aspire to be as successful as my teacher at present Sabum Gerd Hummel and be as inspiring and phenomenal as he has been in my mind.

***How many SA Champs have you attended, what were your results, and most memorable experiences of them?***

In total I have attended 3 SA champs and won Gold, silver and bronze medals in different events but my main achievement this far has always been winning Gold medal for patterns, being my strong point, in my division and belt category consecutively except for SA champs in



*Leading an extra class over the weekend, preparation for SA champs 2010 in Happy Valley*

2008 where I was recovering from partially torn ligaments in my right foot resulting in my absence in the ring but not absent from the event and the team. I still went up with the team playing role as a team coach. Was quite funny because I had a crutch while limping all over the place attending to our team members. Coaching our members was quite a memorable experience for me and now being black belt, dressing formerly to be refereeing on the competition mats. This year's SA champs will be my fourth consecutive attending but once again as assistant coach as I am recovering from a more serious tkd related accident, breaking my fibula bone in my left leg, taking part earlier in the year at the annual ATC open tournament.

One memory I have of being a yellow belt was Sabum Gerd pointing out that I have the potential in obtaining gold at my first SA champs, stressing on the fact that only if I desired to win! Once I agreed on that, he drilled me and educated me and with no doubt I took my very first Gold medal in my first SA champs. Since then i've always put my trust and faith in Sabum Gerd's judgement and opinions and always took criticism in a positive way to improve myself (also my crit sessions in my architecture studies helped alot with accepting comments, whether good or bad).



*SA champs 2008 injured but Team Coach*



*Competing in Patterns Finals and won Gold at SA Champs 2007*

***Why do you think you are the only one left standing of all the others who started TKD at the same time as yourself?***

I think it's because the tkd 'bug' I caught really bit me hard in the backside and just never let go! It was almost like a drug for me and the best when you are hooked! If I missed one class training it would feel like I had missed a whole week! Enjoyed every unique tkd class as I always learnt something from them and it was a great way to keep fit and mentally stable as a good break from my hectic studies. My demanding architectural studies and tkd both required extreme discipline, perseverance, hard work, indomitable spirit and many other aspects which always complimented each other in the disciplines I chose to do.

When I set myself a task I usually try my utmost to do it and do it well otherwise it would bother me. I firmly believe in the saying my mother, Agnes Chong-Seng, instilled in me as I was growing up "You reap what you sow!" Similarly the more work and effort you put in to something the better the benefits you shall receive, maybe not immediately but when the time is right I believe you will realise it. I also believed that finding the balance between studies, social and tkd life was crucial in the sense that once I found the balance that worked for me, tkd became an integral part of my life and I felt a purpose in life,

sense of achievement and confidence as a result. This is possibly one of the reasons why I am still practicing and dedicating time to tkd. It does not mean if I go only to two classes a week i'm not living, breathing and thinking about tkd. Tkd is constantly on my mind and when i'm not in class I run through things in my head, anything remotely involving tkd. When in the kitchen waiting for a kettle to boil or cooking something, it's so easy just to lift your leg up and do a couple of kicks or do some basic stretching exercises. Most of the time when I ponder about aspects of tkd and can't find an answer that is when I ask questions to Gerd. If you don't know something and can't find the answer, and don't ask or seek help with something you will remain NOT KNOWING!

This I find does not benefit anyone who is striving to better oneself at all times. See the link? If you do not think and focus about things on your own you will never realise you don't know it, only maybe when it's too late i.e. grading! Jokes it's not really late, I always say "Better late than never". But always keep in mind do not procrastinate, if you can do something now do it, what are you waiting for?! Another issue is not knowing what you want in life, once you figure that out you will do your utmost to get out there and do everything possible to make it happen! Set goals in

life, it can even be the smallest and simplest task, but having done it you will feel immediate self accomplishment and gradually set higher and more ambitious goals which is achievable because you went through the process. Remember "there are no shortcuts in life" as my dad always drilled into my mind from a very early age.

***What characteristics do you feel a person should have to be able to get to black belt and higher?***

To be humble, flexible to react and deal with situations that arise, responsible, approachable, kind, generous, objective, exercise authority, instil confidence and trust in students and others alike, respectful to your seniors always and address them accordingly according to rank, take initiative, know your stuff (theory), be able to teach at any time and anywhere, inspire others, be supportive to others, pleasant to be around, diligent and hard working in whatever he/she is doing, right attitude and mind set (maturity), good ethics and standards/principles and stick to them, to be able to work with people, interact and help those in need and in difficulty as tkd is quite a technical martial art and can be quite daunting at first, but never give up on your students as they may find things easier as they progress, every individual grows and learns at



*SA champs 2010 Phoenix tkd team*

different at a different pace, always try and be fair and find peaceful solutions to problems.

***What part of yourself did you draw on when the road got really rocky?***

Talking with friends and Sabum Gerd was always a help as I always say Gerd as another father figure for me as I felt you could always come to him with any aspects of life and he would willingly be able to give good advice to help others, even with matters not pertaining to tkd. I praise God almighty as well for getting me this far, without him I do not know where my life would be. I have always trusted the Lord, and whenever I felt the going was getting tough I would put my life in his hands and ask to myself why am I going through such an experience and most often I would see it as a test and small obstacle that was thrown at me to maybe fall, realise certain things and to get back up and not to give up, God is preparing me for the real bigger world out there. There is always a reason for everything. Many people forget how important the spiritual life plays in one's life, no matter what religion you may be.

***What has the art of TKD done for you in your everyday life and in your personal development as a person?***

All I can say for sure is that it has really developed me as a person and complimented my life in so many ways relating to personal achievement and development. I can think of only positive things to say. It has made me very responsible in life, to be committed, courteous to others, respectful, hard working and objective in the sense when I realised what I wanted in life and set things in motion to achieve them once I had made up my mind, whether it may be from a relationship, social, tkd or studies point of view.

***Please list all injuries sustained to date and how they happened?***

Partially tore the ligaments and tissue damage in my right ankle while preparing

for SA champs 2008. It happened a week or two before we were supposed to depart and was practicing my sparring with my ex-housemate, Dennis Teng. I believe I over exerted myself and as a result was out of action for a good 2-3 months.

My current and more serious injury was when I did a reverse turning kick to Connor Scheckle's knee during the Open tournament at the ATC invitational tournament in Pretoria. According to many I possibly fractured my fibula bone upon contact to Connor's cocked knee and due to my own stupidity and carelessness I continued fighting. This then resulted in the bone braking and shattering as I landed on my left leg from a missed jumping downward kick.

Although I sustained injuries and had crutches or broken leg this did not stop me from coming to class and helping wherever I could as tkd has so many other aspects to it. Devoting my time towards students and seeing them do well and feel that sense of achievement is priceless for me!

***If TKD were a building, how would you describe it? (what would it look like, type of foundation, walls, setting, rooms, roof, colour, and the environment it would be build in.)***

Did you plan this question deliberately as I so happen to be an architectural student? This question could have a long answer and maybe not a definite one. But relating to buildings, I would have to say it would either have to be a horizontal building creeping over the earth although I would opt for a vertical tall skyscraper type building with seemingly transparent facades (sides) which would allow light to shine into the core (being the person) and at the same time defence mechanisms against evil aspects which you can choose to close up to keep out unwanted characteristics. I see the ground floor as the starting point, upon conquering the first door to the room ahead you can then



proceed to the next room or level upwards, drawing closer gradually towards the heavens. The buildings roof would be uncertainty as there are clouds hindering your view as you can never know what is in store for you in the future. But yourself as an individual can mould and build you life (building) towards the direction you want to go in the similar way that the tkd evergreen tree towers towards the heavens. Your building should not terminate with a roof as your knowledge in tkd should always keep growing, it is never too late for learning as upon reaching black belt is just the beginning of the real tkd life. This is a popular misconception people have of black belt, people tend to think it is the end all and be all. What many don't realise this is where things really start and it's just the beginning of the journey.

**Who is your role model in TKD and why?**

I would have to say it is my instructor Sabum-Nim Gerd Hummel. He has been a great inspiration to where I am and what I have achieved. I admire the dedication he has towards tkd and the desire to do things right even though sometimes it can be tough but maintaining this excellent standard in teaching the correct method and integrity makes us who we are and that we may always stay true to the Way or Art or Do of Taekwon-do! He has always been someone I trusted and valued his opinions and views about something and tried to always use his criticism towards a better attitude or technique. He is a great motivator and a leader to us all.

To me he has been the best martial arts teacher I have ever met and feel very privileged and honoured that I trained under him and to be affiliated to his club. After having seen other tkd clubs around SA I came to the conclusion that Phoenix taekwondo is one of the most highly regarded tkd club in SA and is well known for our performance and our great tkd athletes and not to mention our spirit and family values/feeling towards one another. What Sabum Gerd has done I see it as preserving the true original ways and techniques of this beautiful martial art. Thank you Sabum-Nim Gerd!

**What tips do you have offer all the other fledglings going this year?**

**Do's and Don'ts:**

There are many Do's and Don'ts that the list is endless. I am not speaking of the obvious rules for example rules of the Dojang. I see the Do's and don'ts are your ethical qualities that you shall acquire and learn from

everyone's individual experiences in doing this martial art. They can't really be taught, but you can learn them by yourself, just give yourself a chance and look within and around you, your surroundings and come to conclusions for yourself, this is when I'm sure you will come about developing your own judgement. One of my favourite ideas was words spoken from Bruce Lee and books i've read in the past. Basically it stresses how important it is to be as fluid as water. May seem soft but look at the effects of water on rocky landscapes due to weathering and erosion? If you get in a difficult situation, don't be rigid, instead be

Port Elizabeth Express: Woensdag, 15 April, 2009



The students from the Eastern Cape Taekwon-Do Federation who participated in the historic first African ITF Taekwon-Do Championship in Johannesburg are, (from left) Janél Stoltz, Elizabeth Silli, Keri Werth, Joseph Mnensa, Sabum-Nim Gerd Hummel, Stewart Hislop, Wahjid Nasser, Marc Chong-Seng and Connor Scheckle. Gcobani Banda was not present when this photo was taken.

**Students excel at Taekwon-Do Chamionships**

A GROUP of 10 students from the Eastern Cape Taekwon-Do Federation participated in the historic first African ITF Taekwon-Do Championships in Johannesburg at the end of March.

The tournament will be held every two years and a crew of SABC Sport was there to televise the event.

Countries from all over Africa were represented, including Ethiopia, Lesotho, Mozambique, Morocco, and Madagascar as well as teams from India, England and Canada.

Students from the Eastern Cape received a number of medals. Gerd Hummel, the Team Manager and Coach, received two gold medals for the under-78kg sparring and team sparring.

Stewart Hislop, the team captain, received a bronze medal in the under-85kg sparring and a gold medal in team sparring, while Joseph Mnensa received a silver medal for the under-72kg sparring event and a gold medal in team sparring.

In the the individual forms/patterns in red belt to black stripe, Wahjid Nasser received a bronze medal, while Keri Werth received a gold medal in individual forms/patterns in her category in red belt to black stripe.

Marc Chong-Seng received a silver medal for the under-72kg sparring and a gold medal in individual forms /patterns in his category blue stripe to red stripe.

Gold medals went to Janél Stoltz in the under-69kg sparring event and in individual forms/patterns in her category blue stripe to red stripe. She also received a trophy for best performing Senior Female Formal student of the tournament.

Elizabeth Silli received a silver medal for over-75kg sparring in her category blue stripe to red stripe, Gcobani Banda received a gold medal for the under-78kg sparring in his category blue stripe to red stripe, while Connor Scheckle received two bronze medals on both categories, the individual forms/patterns and under-78kg sparring in his category blue stripe to red stripe.

like water, take the shape and form of the situation i.e. if you are poured into a jar, you take the form of the jar, similarly to a glass. Another thing about water is no matter how hard you shake water in a bottle it will never fizz, nor build up pressure, be calm at all times and try to be someone you are not. The other extreme is a coke bottle, when you shake it, it becomes fizzy and reacts, overflows and may even explode! So don't be like coke, instead like water! =)

## Article : Fundraising

*Event: Boerewors (like a 'hotdog') selling*

### Where did your idea come from?

The idea originally came from Sabum Gerd when he saw opportunity to raise funds through this endeavour which did in fact bring some money to the tkd funds. It was our way to help others in need of funds to cover the cost of travelling and expenses incurred as a result of SA champs. Since myself and my fellow colleagues were always keen on helping out those in need and ultimately anything related to our passion for taekwondo, without hesitation set out to the task.



*Marketing poster (TKD Worsmen – from left to right: Traun Hufki, Rezaan Baartzes, Rudi Nicholas, Marc Chong-Seng)*

### Who all was involved initially and who got roped in and dragged along?

Due to the fact that my colleagues were relatively new to taekwondo and the members of our club it did not dampen the spirit of helping out and the possible venture of making money at the time. Being at university myself, Rezaan Baartzes, Rudi Nicholas, Traun Hufkie and Dennis Teng were able to better coordinate the activities that were needed to be carried out. It was not an easy task as we all had our different fields of study and hence timetable differences. Yet this still we made a way and sacrificed free periods during the day and sleeping times to wake up early and carry out the necessary tasks. We thought we would acquire a better market if we made the wors rolls halaal, so as not to discriminate any one. In actual fact halaal meat in my opinion was a lot more tasty than the usual non-halaal wors! With Rezaan being of muslim religion, he had the good contacts and was able to get the wors cheap. Sabum Gerd loaned us a some of R500 to start off with to purchase the wors, rolls, sauces and napkins. Once we had made sufficient profit we refunded him back. At times I would occasionally chip in extra money to buy sauces and napkins so as not to chip into the tkd funds we had at the time.

A typical wors day selling would be usually on a Wednesday as Rezaan and I found a common free time in the morning and we then braided the meat at my place, wow what jolly good smell that brought about every morning we did and got hungry in the process. Then after a sufficient batch was made we kept them warm and made sure the rolls were fresh. We carried the cooked goods in metal containers to keep warm. If we found they were getting a bit cold, Rudi brought out an electric portable device to warm them. Myself, Rudi and Rezaan being the 'well-known' guys on campus travelled to Second Avenue campus and North and finally South campus to deliver. We were usually stationed at the food courts and called all

the friends we could find and as a result of the attractive smell and hungry bellies of other students they bought as well. If we also got hungry, we would eat a few as well but not for free obviously, we put the money in a collection tin which bore the Phoenix tkd sticker and was kept under my strict supervision. Before any of our operations began we also got proper permissions from the SRC chambers and informed them of our proposed plan to raise funds for SA champs and I'm glad to say we got their full co-operation even to put our posters up to advertise. To our satisfaction they also had their weekly orders as well, hence we also sold to offices and admin of NMMU. As attire for our operation, we had our normal jeans but to attract more attention to us, we wore our dobok tops as well for more efficient marketing.

**What gives with the awesome poster? Who's idea was it? Who designed it? How many were printed and where did you put them up?**

Our poster was truly awesome indeed! The idea came about just chatting about the organisation of our operations in casual conversation with great enthusiasm. With my great artistic mind and inspiration I initiated a photo shoot at my place with all of us in full dobok. We then agreed on the most suitable picture that best represented us as a team of martial art enthusiasts we then sent the pic to Rezaan's brother, Zaheer Baartzes, who is a very talented graphic designer and boom there popped out the first design. Due to the natural talent of Zaheer, we quickly took a liking to it, I then revised our first draft and edited some info and suggested info that was not relevant or adding on extra info that could even advertise our tkd classes with contact details etc if anyone was interested. We lost count of how many posters were printed as some of them got taken down on campus (by whom? We don't know) therefore we had to reprint several but because of my printing experiences being an Architectural student, I knew where we

could get good prices for best quality. But for estimation purposes I think we printed between 10-20 copies of the poster. We generally posted them around the food court areas on the noticeboards and anywhere we felt would get some attention.

**How many rolls did you sell in a year and how many did you guys eat?**

Here again we didn't count how many we sold in total, but on an average day, we sold about 30-40 wors rolls on the day of selling. We would probably eat generally about 2 rolls per person as no matter how hungry we were, we still had a budget! Lol How much were you guys able to raise in the end? What was the funniest experience you had while doing this, and what was your worst one?

We also sold wors rolls on the tkd seminars we had, even Master Kim Jong Chol had the pleasure of tasting them with a particular liking to the chilli sauce and moaned that it was not spicy enough! If my memory serves us correctly we raised about R2000. For me the funniest part was the whole operation, we were then known as 'the TKD worsmen'! Where else would you find people dressed as half martial artists and delivering freshly made worsmen to the campuses with a great smile and service, not to mention the cleanliness and proficiency of our endeavour?! By the way we never handled the food with our bare hands, instead we used napkins.

I even brought out my guitar on several occasions and played in the vicinity of our sales to attract more attention! Worst experience? Well I don't think we had any, although we weren't too fond our clothes and hair smelling like braai after a hard mornings work. We met alot of new friends in the process as well which was quite satisfying. We always tried to deliver the goods on campus around lunchtime for obvious reasons. There on after once we ended our operations, students started asking us and requesting "where are our

worsrolls?!!”, with a hungry look on their faces.

### **Any other fundraising experiences you would like to share?**

I think the worsmen missions was the most I have done on a fundraising level in the sense that we took initiative. Other than that I don't really recall doing any other sort of fundraising on my own. Through doing taekwondo and experiencing the life integrated with the taekwondo family has definitely made me experience many things proving invaluable to me.

Another fundraising activity we also do also towards community service, are regular Women Self Defence seminars. We try and do one towards every month.



## **Article : Valley Boyz**

### **Who are the main players?**

Main players as who formed the group? The main guys who, you could say 'founders', are myself, Rezaan, Rudl and Traun. We were then joined by Zaid Hill who started with us later on as another keen martial artist specialising in the art of Muai Thai, kick boxing, Shotokan karate and forms of grappling (Jiu Jitsu). He is now one of our regular members acting in the valley boys.

Please visit our Facebook page (search for "VALLEY BOYZ – COMBAT TRAINING") and feel free to join to see what we do.

### **Where do you guys meet in the valley?**

We do our bulk training in the back part of the valley situated behind the gates where there is lush green grass and vegetation displaying ample practice ground. We

usually meet in the car park behind John Dorries restaurant in the parking lot at a specific time, usually early enough so we start training by around 10am.

### **How do you coordinate your practice?**

We started a facebook group after several sessions and trying out different routines every weekend. Then we took photos of these sessions to put up on the well known facebook website to market what we do and some of our spectacular demonstrations and skills. Rezaan who started the group sends a message on a Thursday or Friday to all the members alerting them well in advance of the times we shall be training with weather forecasts for the day and what to wear, bring and be prepared for and what we shall be the main focus on the day so we don't get side tracked.

### **When did it start and how did it come about?**

Wow can't remember when it started, I believe it was around the end of 2009 maybe? It originated as the new recruits (Rezaan, Traun and Rudi) were becoming more enthusiastic about taekwondo and wanted to train more with me and having me there as a 'mentor' figure to aid them in their aim to become better tkd practioners.

### **What do you love about it?**

The general fitness exercises as a result of running, conditioning exercises, building stamina through long jogs on the beaches, breathing in the morning fresh surf from the ocean, being out in the open with nature, strengthening exercises to improve one selves ability, teaching and sharing, capturing my passion with others, meeting new people (by inviting other martial artists to join us and learn about tkd), it's a fun activity! Furthermore it greatly brought us as friends closer and hence feeling part of a team (understanding each others personalities, as well as strengths and weaknesses/fears if any which can be worked on for improvement), memories also being created in the process. When



one was feeling weak or tired, having others around is helpful for motivation and determination. Feeling fit and sore after hectic sessions only bring about positive things which compliment our daily lives and gives a satisfying conclusion to a demanding week and a fresh start to the following week to come. It's particularly useful to others as well where they can ask me about things they weren't sure about in a specific class and to re-iterate what was shown or said. It's also a good way for me to keep in touch with my knowledge and skill, constantly picking my brain as I have to be able to handle all belt levels up to my level. If I'm not sure of an answer I will share my views about a particular topic that was asked according to my tkd knowledge and if i'm not sure I would research or ask Sabum Gerd and relay that info back to the individual or group.

**What are the down sides of it?**

If you are attending for the first time, the vigorous training schedule in the sun can

be taxing on the body physically, but this in turn conditions the body to take a beating and furthermore the mind, attitude and spirit of the individual and not to give up, to strive to become better each time, reason for doing things in such a manner, indomitable spirit! The biggest down side for me at the moment is I am not able to train with the team as often as I like to as my studies take a lot of my time, energy and ultimately sleep! Another limiting factor sometimes can be the weather, if it's bad weather then we have to cancel training as we train in the outdoors. Fortunately most of the time it has been rather pleasant to bearable (winter months). Other than that can't really see any down falls to coming to training, I mean I believe in the saying "practice makes perfect!"

**Any funny, memorable moments you would like to share?**

Funny? Well it's always funny as we humour ourselves and crack jokes at times

as it's a relaxing time for us to let loose. Memorable? I would say was when a large muslim community came down to happy valley and were having picnics, braais and demonstrations.

One of the demos they had were the young tigers doing karate in their community so they did their thing. As we strolled past them, the karate sensei's saw us and approached me. They wanted us to perform a small demo for the community present. Without hesitation, myself, Traun and

Rezaan went briefly over what we were going to do. We decided to do a team pattern Won Yho tul with a march formation as we would in a competition and show the elegance of the pattern as opposed to karate's similar term for 'kata'.

I was naturally team captain and commanded my team mates to do as ordered with excellent timing for execution.



Then for the finale I decided to perform one of my black belt patterns 'Po-Eun' tul which demonstrates fast sequence of moves performed to the left direction in a short time frame followed by the challenging and impressing aspect where I would have to mirror my initial moves but now going to the right which takes tremendous concentration, practice, coordination and precision. The received quite a positive reaction from the crowd, I think they were impressed =P

If so, how do you guys not end up fighting? Because tkd is one of the fastest styles around with destructive and effective kicks keeping most opponents away from us, out of range and out of reach, leaving them helpless. Furthermore most martial arts people know the effectiveness of tkd athletes and are well known for deceiving kicks to the head.



# A Reference Guide For Teaching Children Under The Age Of 13

PART 2

By Michelle Rahl, Johannesburg, South Africa

I have been dedicated to ITF Taekwon-Do for the past 10 years, I have two young children aged four and one years and I live in South Africa. The greatest thing I could do to help grow Taekwon-Do is to teach children. Yes, most adults are hesitant to teach children, not because they can't but because they are unsure on "how" to teach such a small mind, the beautiful art they know. Well, I hope I can help you see that teaching children is not only a challenge but also very inspirational and rewarding. We following on from last month with some fun exercises for young children.

## Fun Exercises to do with your young Taekwon-Do Students Age Group 3 to 5 years

### Butterfly

The student sits with their feet together. While they sit there everyone sings "Butterfly, butterfly fly away come back tomorrow hip hip hooray". You make sure their legs are moving up and down as their wings fly away.



### Watching TV

The student sits on the floor and opens their legs very wide. The legs must be straight or their "tv" won't work. Ask all the students which movie they would like to



watch. Then they all lean to the right and switch on their "tv's" by their Big toe, and then they all lean to the left to put the volume higher/lower. They all sit to the middle with their hands under their chins and their elbows touching the ground.

### Rainbow

You ask all the students to tell you about the colours on a rainbow. Then they all lean to the left with their arm over their head and show you their beautiful rainbows. They repeat on the right hand side.



### Superman

All the students lie down on the floor with their tummy to the ground. The boys are



and the girls are super girl. The instructor shouts 1,2,3 and all the students lift their arms and legs into the air.

### **Sit ups**

A fun way to do sit ups is pair up the students and let them touch feet and hold hands. They then swing forwards and backwards while they sing "Row Row Row your boat, gently down the stream, tip the teacher overboard and then you will hear him laugh, ha ha ha..."

### **Hula Hoop exercises:**

Hula Hoops have been around longer than the 1960's. They are very popular amongst all ages and are easy to carry around. Here are a few games you can play and at the same time exercise.

**1 Hoopster:** Start by establishing a course --a straight line to a goal (a chair or trash can, for instance) and back, or create a trail around obstacles. Have children take a hula hoop and roll their hoop around the obstacles. This exercise helps teach coordination and agility.

**2 Horse and Buggy:** One partner steps inside the hoop and holds it at waist level. That first person is the horse. The second player is the driver. He steps in front of the driver in the hoop, and sets the pace as the horse skipping and hopping. Together they gallop around a designated area. After a few minutes, they switch places and get to play the opposite roles. This exercise teaches people to work together and make cooperative decisions about moving in the same direction.

### **3 Space and Shuttle relay:**

First and second players run together inside the hoop and go around a turning cone. After they have turned around, they return to the team. The first player drops out and joins the end of the line. The second player picks up the third player and runs together to the turning cone. They proceed around, and back. The second

player drops out and the third and fourth player run together around the cone and pick up the next player. The game continues until everyone on that team has had a chance to be in a cone twice, working with a partner. This game teaches sequencing and hand-eye coordination.

### **4 Thread the needle**

In this contest, the members of each team join hands in a circle with a hula-hoop hanging from one person's arm. When play begins, the person with the hoop must step through it and pass it to a neighboring player without letting go of her teammate's hands. The next player does the same thing. The team that gets the hoop back to the starting player first wins. This game is great because a wide variety of ages can play. The game is more challenging when students of various heights have to work together to move the hoop from one person to another.

### **5 Hooping and Hopping Bases**

Hooping and Hopping is a game of tag with players hopping after one another. To play the game children must have the balance and coordination to hop of one foot for relatively long periods of time. "IT" hops on one foot and tries to tag each player by hopping towards him. The players are chased by the tagger and can only be safe when they are inside a hula-hoop. If they are tagged, they become "IT."

### **6 The car game**

Have the children pretend that their hoop is a giant steering wheel. Children will drive their car at waist level and have designated areas where they may drive their "car". Sounds like a car add to the game. You can add to mood as a group instructor, by playing songs about cars or playing CDs with vehicle sound effects, etc. They must always stop their "car" when meeting a pedestrian or another non-driver. This game is great if you have a lot of space and very active learners.

### **7 Race Car Driver**



This is the same game as before, except that the children drive in a safe, large area. Sounds of screeching and turning sharp corners are encouraged. Student must continue to be careful of obstacles and pedestrians in their way.

### **8 Hula Hoop Hopping**

Put a fresh spin on an old game of jump rope. Use a very large hula-hoop to jump and skip around the neighborhood. Hoops for this exercise are easier to use if they are big enough for the child to jump through.

### **9 Musical Hoops**

*Materials: CD player, music, index cards with exercises on them, and a pair of dice.*

Scatter hoops around gym with index fitness cards inside hoops. Students move freely from one hoop to another. When music stops, each student goes to a hoop and reads the fitness card. One student is selected to roll the dice. Whatever the math problem comes up on the dice students will perform the activity listed on the fitness card. If there are two sixes rolled for example:  $6+6=12$ , students will perform twelve of that particular activity. Some examples of fitness cards include: jumping jacks, crunches, mountain climbers, sit-ups, push-ups, running in place, skipping in place, and free choice.

Hula Hoops are more than mere children's toys. They teach coordination, agility, and direction. What a fun way to exercise at any age

## **Suggestive example of a Taekwon-Do syllabus for young children in Taekwon-Do**

All children who train Taekwon-Do want to grade. Sometimes the child is not ready or too young to grade for a full rank. I have experienced this problem very often in my Dojang. All I do is break the syllabus down into different parts for different ages. Below I will give an example of a syllabus we can

use for young children. The below suggestion syllabus can be form ages from 5 years. The instructor can use his own discretion which grading they will start at depending on how much the student has managed to absorb.

## **Grading from White Belt (10<sup>th</sup> Gup) to 1<sup>st</sup> Yellow Stripe (10<sup>th</sup> Gup)**

### **Stances:**

Attention Stance (Charyot Sogi)  
Bow Posture (Kyongye Jase)  
Parallel Ready Stance (Narani Junbi Sogi)

### **Hand Techniques:**

Parallel Stance Middle Front Punch  
(Narani Junbi So Kaunde Ap Jirugi)

Parallel Stance Outer Forearm Low Block  
(Narani Junbi So Bakat Palmok Najunde Makgi)

### **Foot Techniques:**

Front Rising Kick (Apcha Olligi)  
Front Snap Kick (Apcha Busigi)

### **Pad Kicking:**

Front Snap Kick (Apcha Busigi)  
Examiners Discretion

### **Theory:**

Who Was The Founder Of Taekwon-Do?  
What Rank Was The Founder Of Taekwon-Do?

The above syllabus can be further broken down for younger children or special needs children.

## **Grading from 1<sup>st</sup> Yellow Stripe (10<sup>th</sup> Gup) to 2<sup>nd</sup> Yellow Stripe (10<sup>th</sup> Gup)**

### **Compulsory Exercise:**

Four Direction Punch (Saju Jirugi) (with Instructor/Student)

**Stances:**

Attention Stance (Charyot Sogi)  
 Bow Posture (Kyongye Jase)  
 Parallel Stance (Narani Sogi)  
 Parallel Ready Stance (Narani Junbi Sogi)  
 Walking Ready Stance (Gunnun Junbi Sogi)

**Hand Techniques:**

Walking Stance Middle Front Punch  
 (Gunnun So Kaunde Ap Jirugi)

Walking Stance Outer Forearm Low Block  
 (Gunnun So Bakat Palmok Najunde Makgi)

**Foot Techniques:**

Front Rising Kick (Apcha Olligi)  
 Front Snap Kick (Apcha Busigi)

**Pad Kicking:**

Front Snap Kick (Apcha Busigi)  
 Examiners Discretion

**Sparring:**

- 3-Step Sparring - Alone (Sambo Matsogi)
- **Attack:** *Walking Stance Middle Front Punch*
  - **Defence:** *Walking Stance Inner Forearm Middle Side Block*
  - **Counter:** *Walking Stance Middle Reverse Punch*

**Theory:**

Who was the founder of Taekwon-Do?  
*What rank was the founder of Taekwon-Do?*  
 What 4 'titles' did the founder of Taekwon-Do have?  
*What does the name 'Taekwon-Do'?*

## Grading from 2<sup>nd</sup> Yellow Stripe (10<sup>th</sup> Gup) to Yellow Stripe 1 (9<sup>th</sup> Gup)

**Compulsory Exercise:**

Four Direction Punch (Saju Jirugi)  
 Four Direction Block (Saju Makgi) (With Instructor/Student)

**Stances:**

Attention Stance (Charyot Sogi)  
 Bow Posture (Kyongye Jase)  
 Parallel Stance (Narani Sogi)  
 Parallel Ready Stance (Narani Junbi Sogi)  
 Walking Ready Stance (Gunnun Junbi Sogi)

**Hand Techniques:**

Walking Stance Middle Front Punch  
 (*Gunnun So Kaunde Ap Jirugi*)  
 Walking Stance Outer Forearm Low Block  
 (*Gunnun So Bakat Palmok Najunde Makgi*)  
 Walking Stance Knife-Hand Low Block  
 (*Gunnun So Sonkal Najunde Makgi*)  
 Walking Stance Inner Forearm Side Block  
 (*Gunnun So An Palmok Yop Makgi*)

**Foot Techniques:**

Front Rising Kick (Apcha Olligi)  
 Front Snap Kick (Apcha Busigi)

**Sparring:**

3-Step Sparring - Alone

**Pad Kicking:**

Examiners Discretion

**Theory:**

Who was the founder of Taekwon-Do?  
*What rank was the founder of Taekwon-Do?*  
 What 4 'titles' did the founder of Taekwon-Do have?  
*What does the name 'Taekwon-Do' mean?*  
 What does the colour 'white' signify?  
*List any 2 rules of the Dojang (except rule no. 9)*

## Grading from Yellow Stripe 1 (9<sup>th</sup> Gup) to Yellow Stripe 2 (9<sup>th</sup> Gup)

**Compulsory Exercise:**

Four Direction Punch (Saju Jirugi)  
 Four Direction Block (Saju Makgi)

**Stances:**

L-Ready Stance (Niunja Junbi Sogi)

**Hand Techniques:**

L-stance Inner Forearm Block

(Niunja So An Palmok Makgi)  
L-Stance Forearm Middle Guarding Block  
(Niunja So Palmok Kaunde Daebi Makgi)

### **Foot Techniques:**

Side Rising Kick (Yopcha Olligi)  
Side Piercing Kick (Yopcha Jirugi) – From  
L-Stance

### **Sparring:**

3-Step Sparring – with partner (Sambo  
Matsogi)

### **Pad Kicking:**

Examiners Discretion

### **Theory:**

“Where and when was General Choi  
born?”

*“Where are the Head Quarters of the  
I.T.F.?”*

“What is the significance in the way that  
‘Taekwon-Do’ is written? on the back of a  
‘dobok’

## **Grading from Yellow Stripe 2 (9<sup>th</sup> Gup) to Yellow Stripe 3 (9<sup>th</sup> Gup)**

### **Compulsory Exercise:**

Chon-Ji Tul (With Instructor/Student)  
Four Direction Punch (Saju Jirugi)  
Four Direction Block (Saju Makgi)

### **Stances:**

L-Ready Stance (Niunja Junbi Sogi)  
Sitting Ready Stance (Anun Junbi Sogi)

### **Hand Techniques:**

L-Stance Inner Forearm Block  
(Niunja So An Palmok Makgi)  
L-Stance Forearm Middle Guarding Block  
(Niunja So Palmok Kaunde Daebi Makgi)

### **Foot Techniques:**

Side Rising Kick (Yopcha Olligi) Side  
Piercing Kick (Yopcha Jirugi) – From L-  
Stance

### **Sparring:**

3-Step Sparring – with partner (Sambo

Matsogi)

**Measuring Techniques:** Front Kick –  
From Walking Ready Stance

### **Theory:**

“Where and when was General Choi  
born?”

*“Where are the Head Quarters of the  
I.T.F.?”*

“What is the significance in the way that  
‘Taekwon-Do’ is written on the back of a  
‘dobok’

*“What is the full interpretation of ‘Chon-Ji’?”*

“What does the colour ‘yellow’ signify?”

*“List 3 aspects about Taekwon-Do unique  
to the art”*

## **Grading from Yellow Stripe 3 (9<sup>th</sup> Gup) to Yellow Belt (8<sup>th</sup> Gup)**

### **Compulsory Pattern:**

Chon-Ji Tul (With Instructor/Student)  
Four Direction Block (Saju Makgi)  
Four Direction Punch (Saju Jirugi)

**Stances:** L-Ready Stance (Niunja Junbi  
Sogi)  
Sitting Ready Stance (Anun Junbi Sogi)  
‘Spot Turning’

### **Hand Techniques:**

L-Stance Inner Forearm Block  
(Niunja So An Palmok Makgi)  
L-Stance Forearm Middle Guarding Block  
(Niunja So Palmok Kaunde Daebi Makgi)  
L-Stance Knife-Hand Middle Guarding  
Block  
(Niunja So Sonkal Kaunde Daebi Makgi)

### **Foot Techniques:**

Side Rising Kick (Yopcha Olligi)  
Side Piercing Kick (Yopcha Jirugi) – From  
L-Stance

### **Sparring:**

3-Step Sparring – With Partner (Sambo  
Matsogi)

### **Measuring Techniques:**

Front Kick – From Walking Ready Stance  
Side Kick – From L-Stance

### **Theory:**

“Where and when was General Choi born?”

*“Where are the Head Quarters of the I.T.F.?”*

“Where does General Choi live presently?”

*“What is the significance in the way that ‘Taekwon-Do’ is written on the back of a ‘do bok’?”*

“What is the full interpretation of ‘Chon-Ji’?”

*“What does the colour ‘yellow’ signify?”*

“List 3 aspects about Taekwon-Do unique to the art”

*“List any 3 rules of the do jang (except rule no. 9)”*

“List any 2 ‘training secrets’ of Taekwon-Do”

*“List any 6 vital spots: 2 High Section, 2 Middle & 2 Low”*

The above syllabus can be further broken down, depending on the child’s capabilities. For example I have a six year old student that learns and performs much better than a nine year old student.

The big question is how do the young students learn theory. Well, that is actually the fun part of teaching children. Your children age 3 to 5, classes should not be longer than 45 minutes. Children will get bored if the class is too long. The last 15 minutes of the class, you can teach the child theory of Taekwon-Do. In my young children classes we call it “Taekwon-Do story time”.

### **Some hints for teaching theory:**

Meanings of the belt colours: I got a few plastic bowls, cotton wool, beans and a jar of water. I let each student plant their beans in the cotton wool. I used the meanings of the belts to the growing of their little beanstalk. They loved it and took their plants home.

Repetition of the same question until they know the question and the answer works best. Once they have the first two questions you add a new one.

Learning the names of muscles and vital spots is very exciting for a young child. Make them point to their muscles and say the name.

Secrets of Taekwon-Do they love learning because they love “secrets”. Trust me they tell their mom’s they learnt a secret of Taekwon-Do and can’t tell anyone.

Patterns meanings- I give them the story about the pattern and then they tell me the story. They may not be able to say it word for word but they know the meaning.

Counting in Korean, Tenets and the oath of Taekwon-Do is the easiest for a young child to learn.

## **Suggestion for a child grading to black belt**

Every child is different. In South Africa our children are allowed to grade to their 1<sup>st</sup> Dan at the age of 12 years old. I would like to suggest that a child can grade to 1<sup>st</sup> Dan at 12 years but for a junior black belt (A solid black belt with white tips). At this grading the student only does a physical grading. Once the student is 13 years old he can apply for a complete 1<sup>st</sup> Dan but then will perform the physical and Theory side of the grading.

Once the student has his junior black belt he will be allowed to learn Kwang-Gae only and once he has received his complete 1<sup>st</sup> Dan will be allowed to learn his other patterns.

## **Sparring rule suggestions for Children**

I believe a child body is very delicate and fragile and is still growing everyday.

In 2004 South Africa ITF made a rule that no children would be allowed to attack to the head, until the age of 12 years old where it is compulsory for them to wear a head guard.

I would like to suggest a further breakdown to this rule as we are finding more and more very young competitors at our tournaments.

Children 6 years and under must wear full sparring gear as well as a chest pad, groin guard, mouth guard and a head guard, in case of any accidents.

Children 7 years and older can compete without the chest pad but head guards must remain compulsory. The referee should also check if for example the eight year old is a small, thin student and is competing against a bigger and rounder eight year old, the referee should use his discretion to tell the thinner student to put on a chest pad.

The less injuries these children have the more they will want to train and compete. Parents will also be more relaxed as their child will go home in one piece after every class/tournament. Therefore we will gain more students as some parents believe their child will get hurt if they do a martial art.

### **Some extra tips that help when teaching children:**

I have a big box with a hole in the lid. I fill the box with small toys and sweets. If the

children have a good class they are allowed to receive a reward from the "Surprise box". I only use this method for the children that are 7 years and under.

I also use stickers that have nice sayings on them eg Well done, you are a star, great effort etc. I also use plain stars. I reward all children that perform well and try hard. Some people call this bribery, I have seen huge improvements in the children who don't get stickers, as they want the sticker so they do extra special. Including the ADD children.

I use the philosophy of Taekwon-do – always try your best to do something especially the things that are difficult to so – to get my students to so tasks at home that their parents are struggling with eg. Eating vegetables, tidying up their room, no back chatting etc.

Mediation, teach the children that if they are angry or frustrated they must sit quietly for a while and breathe in deeply. I also inform the parents and it helped the children calm down when they have had a very busy or bad day.

Children are precious gifts. If we treat them correctly a child will out perform himself.

I hope these notes have helped you to take the leap and start teaching children. I will guarantee you, you will be fulfilled after every class.

Enjoy!!





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# Whats The Point?

## Jung Bong - Pt 2

By Paul O'Leary

In this issue I would like to continue the series of applications for the Jung Bong (Korean for short staff) taken from the Chang Hon (ITF) pattern Won Hyo.

Taking a look at the bending ready stance and sidekick movements we can combine an outer leg reap throw (which I have shown in earlier issues) with the Jung Bong.

The whole point of adding weapons, as with any tool, is to add some sort of benefit to the user. Here we are defending against a double lapel grab to the front. Heian Nidan people can try this as a defence from a double shoulder grab to the back with similar results.



**Pics 1 & 2**

Show the empty hand movements from Won Hyo Tul.



**Pics 3 & 4**

Show the same movements done with the Jung bong.



**Pic 5**

The attacker has moved forward and grabbed our clothing with both hands. We swing the Jung Bong up from the left then across the top of both their arms and grab the other end of Jung Bong with our right hand. Lifting our left leg around to our right on the outside of our attacker's leg.



**Pic 6**

We push the Jung Bong into the attacker's neck from the left and pull the attacker's arm down from the right. This will take us into the basic shape of the bending ready stance, and will allow us to follow through with the outer leg reap as performing a sidekick.

through with the outer leg reap as performing a sidekick.

We did not follow through with the application here because we did not have the use of mats. Enjoy playing with this idea and maybe expand on it. Check out my Youtube channel under "jungshin" for videos related to this series of articles. Thanks to TKD Black Belt Joe Green from Blarney TKD club in Cork for being my attacker in this issue.

*Paul o'Leary, 4th Dan Tae Kwon Do and 2nd Dan in Prof Rick Clark's AoDenkouJitsu, is the Head Instructor of Rebel Martial Arts in Cork City and the National Co-ordinator for Prof. Rick Clark's AoDenkouKai in Ireland. To contact him about seminars on Pressure points, Patten applications or Self Defence with Prof Clark or himself please call 00-353-86-3545032 or email: adkeire@gmail.com*

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**Issue 24: 1st February, 2011**

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